

Mountaineer

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INSIDE

Civilians visit



Southern Colorado civic leaders see post mission firsthand at Pinon Canyon Maneuver Site. See Page 13

Military



A new system in place at Evans Army Community Hospital shortens pharmacy-wait time. See Pages 16, 17.

Happenings



Take the gray out of a dreary winter day by visiting the Butterfly Pavilion and Insect Center. See Page B-1.

Energy tip:

Set temperatures in unoccupied buildings and your home when you go to sleep to 55 degrees. Fort Carson can save an estimated \$250,000 a year with this effort.

Post Weather hotline:
526-0096

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Photo by Richard Bridges

Specialist James Kilpatrick, Scout Platoon, 1st Battalion 68th Armor sights his .50-caliber machine gun on a target at Range 111. The Scout Platoon is winding up .50-caliber qualification next week.

Post to exercise force protection procedures

Fort Carson Public Affairs Office

An installation-wide force protection exercise takes place on Fort Carson today through Tuesday. The exercise is designed to practice and test the post's threat/incident response plan and the installation's ability to execute a coordinated response.

"It is important for the soldiers, civilians and dependents to be aware of force protection procedures. It's also important that we make sure we have a coordinated plan that works the way it is supposed to," said Col. Sim Trombitas, garrison commander.

"We must test the plan, execute, coordinate and respond — just as we do with any other exercise," Trombitas said.

Trombitas pointed out that the timing of the force protection exercise is not in response to any real-world situation or threat.

As threat levels change during the exercise, delays may occur when entering and exiting the post as vehicles are checked for proper post registration. Vehicle occupants should be prepared to present military or other authorized photo identification. Vehicles may be subject to search. In addition, occasional gate closures may occur,

according to post officials.

People with appointments at health care centers or Evans Army Community Hospital should plan additional time to allow for anticipated delays at entry gates.

Vehicles not currently registered may have access delayed to the post during heightened security measures.

People without Fort Carson vehicle registration may want to take advantage of the one-stop vehicle registration available Saturday at the post exchange Saturday, from 10 a.m. to 2 p.m.

See Exercise, Page 3

Colorado Springs residents honored as 'Good Neighbors'

by Capt. John O'Connor
Fort Carson Public Affairs
Office

Fort Carson played host this week to an annual event that has come to signify the strong partnership between the Mountain Post and the Colorado Springs community.

The Good Neighbor luncheon, which dates back to 1978, was held Monday at the Elkhorn Conference Center. The luncheon provides Fort Carson an opportunity to recognize members of the local community who have given selflessly to improve the lives of soldiers and their family members here at Fort

Carson.

Major Gen. Edward Soriano selected two individuals as Good Neighbors, to compensate for one not being selected in 1994. Norm Palermo was named Good Neighbor for 1994, while Ken Ochs was named Good Neighbor for 2000.

Past Good Neighbor recipients include Congressman Joel Hefley; Bill Hybl, from El Pomar; former Mayor of Colorado Springs Harry Hoth; and John Bernheim, general manager of Gowdy Printcraft, publisher of the *Mountaineer*. A large number of these past recipients were in attendance to show

their support for Palermo and Ochs.

Palermo was a major player in the "Save Fort Carson" campaign that supported the Mountain Post. As a longtime member of the Military Affairs Council, Palermo has earned a reputation as someone who always defends the rights of Fort Carson soldiers. Palermo continues to put the best interests of Fort Carson high on his priority list.

Ochs has also established himself as a great friend to Fort Carson.

The Kit Carson statue, which stands near gate 1, is a great

source of pride to the Fort Carson community. Ochs was a major factor in the statue dedication. As a leader on the ground and in the community, Ochs spent countless hours to ensure the Kit Carson statue project was a resounding success. Ochs, like Palermo, has been a staunch supporter of Fort Carson for years. As he received his award from Soriano, Ochs said how important his relationship with Fort Carson was to him.

"We have so many Good Neighbors," said Soriano, "we really don't get enough opportunities to honor you all; that is why this (event) is so special."

Commander’s Corner

Beret: a symbol of the transforming Army



Soriano

“The black beret is a symbol of the transformation of the U.S. Army into a leaner, more integrated fighting force.”

By now, most of you know that the Army uniform will change this year. Instead of the soft cap currently worn with the Battle Dress Uniform, in garrison the headgear will be a black beret. It will also be worn with the Class A and Class B uniforms. This is part of Army Chief of Staff Gen. Eric K. Shinseki’s transformation of the Army. There has been a lot of discussion about the beret, both locally and nationally. There have been letters to the editor in the Gazette from former Rangers and a column by a local newspaper columnist. Two former Rangers marched through several states past military installations to

Washington, D.C. to protest the new policy. In response, Shinseki, has authorized the new Ranger beret to be tan in color. I appreciate that there are many opinions on this issue. Whenever there is change, it rarely comes without resistance. But as Sergeant Major of the Army Jack L. Tilley recently said, “The decision has been made and it is not up for discussion. It is time to move on and start preparing our soldiers by teaching them now how to wear and maintain the beret.” The Army will soon start issuing the beret to all soldiers with the new Army flash sewn on. It is planned that in October a second beret will be issued. The beret should be available for purchase in the Military Clothing Sales stores in January. Currently, Fort Carson is working on an informational videotape on the proper wearing of the beret. This will be made available to all units so that all soldiers will know how to properly wear the beret. The uniform has always been a matter of pride and esprit de corps for our military forces. When the Navy did away with the 13-button, bell-bottomed trousers, the negative effect on morale resulted in reintroducing a version of its unique uniform. Since that time, there has been a realization that a distinct uniform can be a powerful unifying factor. Shinseki took this into consideration in implementing the policy. The black beret is a symbol of the

transformation of the U.S. Army into a leaner, more integrated fighting force. The black beret symbolizes the best of our light forces, the Rangers, who have worn the beret since 1975, and our armored forces, the first U.S. unit to wear black berets in 1924. Originally the beret was the headgear of the Royal Tank Regiment. It was adopted for its practicality — the brimless headgear made use of fire-control sights easier and the dark color hid the grease stains associated with the job of operating tanks. When our soldiers adopt the beret as part of their uniform, it is important that they know how to wear it properly. It is not the same as wearing a BDU cap. Previously, only soldiers in specialty units wore the beret. Now, each soldier is part of an elite fighting force. I want you all to wear the beret with pride. I have charged Command Sgt. Maj. George Ponder with ensuring that each Mountain Post soldier is prepared for the transition. I am confident that come the time to change uniforms, we will all project the positive image of the best soldiers in the world, which we are. Mission first ... people always ... one team. Bayonet!

Major Gen. Edward Soriano
Commanding General
7th Infantry Division and Fort Carson

National Volunteer Week set for April 22 to 28

“Change the World — Volunteer!” is the theme for the 28th annual National Volunteer Week, April 22 to 28. National volunteer week began in 1974, when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteerism. Every president since has signed a proclamation promoting the week. Sponsored by the Points of Light Foundation and the national network of volunteer centers, National Volunteer Week is a time to recognize and celebrate the efforts of volunteers.

This year’s theme reflects the international year of volunteers, which will be celebrated during 2001, as proclaimed by the General Assembly of the United Nations. The theme is particularly appropriate as we enter the 21st century with renewed hope for what we can achieve together through volunteering. For many members of the Army family, volunteering is the key to healthy, fulfilling and meaningful lives. Volunteering renews our connection to our community while building self-worth and self-reliance. Through volunteering, individuals have the

opportunity to grow by making creative and productive contributions that connect them to the installation and to the army. By making a difference, volunteers contribute to the well-being of our military communities, making them better places to live. As we celebrate national volunteer week, we applaud the volunteer endeavors of our soldiers, civilians, retirees, spouses and youth; we encourage those who have not yet volunteered to become a part of this special group. There are volunteer opportunities

for everyone, whether you want to give your time every week, once a month or once a year. There are opportunities to volunteer with your family, your friends or your colleagues. Help your Army community by getting involved today. On behalf of the Army, we thank all volunteers and recognize their commitment to the well-being of our communities and to each other. Acting Secretary of the Army Joseph W. Westphal Chief of Staff of the Army Gen. Eric K. Shinseki

Military Police Batallion Blood Drive

Today, 1:30 to 4 p.m.

Look for the Lifeline Express bus parked at the Military Police office at O’Connell and Specker.

LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the Mountaineer or events that affect the entire Mountain Post Team. Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not be considered.

Letters should be no longer than 200 words in length. The Mountaineer reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published. Because of legal restrictions, both in federal regulations and AR360-8, under which the Mountaineer is published, no letters concerning local or national political issues will be published. Publication of any letters will also

conform to all appropriate Department of Defense and U.S. Army regulations. Letters may be sent to: Letters to the Editor, The Mountaineer, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the Mountaineer office, building 1550, Room 2180.

MOUNTAINEER

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News

Abandoned, inoperable vehicles to be removed from post housing

Wednesday the Provost Marshal's Office began aggressively removing abandoned/inoperable vehicles from all Fort Carson housing areas. Vehicles identified by the PMO will have 72 hours to be in compliance with Colorado Statutes and Army Regulations. Those privately owned vehicles not in compliance will be towed by the Directorate of Community Activities to the abandoned vehicle lot for storage until the POV is brought up to Colorado and Army standards or is disposed of in accordance with Army and Department of Defense regulations.

Exercise

From Page 1

Exercise terminology that soldiers, civilians and family members should be familiar with:

Threat Conditions:

- **NORMAL:** Applies when there is no discernible terrorist activity. Warrants only a routine security posture to defeat a criminal threat.
- **ALPHA:** Applies when there is a general threat of possible threat activity against personnel and/or installation, the nature and extent of which is unpredictable.
- **BRAVO:** Applies when an increased or more predictable threat exists. Must be able to maintain Bravo measures for several weeks without unique hardships to operations or local communities.
- **CHARLIE:** Applies when an incident occurs or intelligence indicates some form of threat action against personnel and or facilities is imminent.
- **DELTA:** Implementation applies in the immediate area where a threat attack has occurred or when intelligence indicates terrorist action against a specific location is likely.

Rangers adopt tan beret

by Gary Sheftick
Army News Service

FORT BENNING, Ga. — The 75th Ranger Regiment at Fort Benning, Ga., announced today that it will exchange its traditional black beret for a tan one. Army Chief of Staff Gen. Eric K. Shinseki approved the regiment's request to change its beret to maintain the distinctiveness of the unit and reflect the legacy of Ranger history.

The Rangers studied several options, officials said, before deciding on the Ranger tan beret. The change was requested by a memorandum from Col. P.K. Keen, regimental commander, in a memorandum dated March 9, to the Army chief of staff.

"The black beret has served the Rangers well and will be a symbol of excellence and unity for the Army," Keen said.

Shinseki announced last year that the Army would issue black berets to all soldiers. That change will take place June 14 — the Army's birthday. Keen said changing to the tan beret for Rangers is not about being different from the rest of the Army, but about a critical aspect that unifies the Army — high standards.

"The decision to adopt the Ranger tan beret is based upon maintaining a distinctive beret for our Rangers as the Army transitions to the black beret," Keen said.

Keen said the Rangers support the Army's decision to don the black beret and view this as another

step forward in the overall transformation of the Army.

Tan is the one universal and unifying color that transcends all Ranger operations, officials said. It is reminiscent of the numerous beach assaults in the European Theater and the jungle fighting in the Pacific Theater of World War II, where Rangers and Marauders spearheaded victory.

Tan represents the khaki uniforms worn by Korean- and Vietnam War-era Rangers, officials said. It is the color of the sand in Grenada, Panama, Iraq and Mogadishu, where modern-day Rangers fought, died and continued to lead the way, they said.

Tan rekindles the legacy of Rangers from all eras, officials said, and exemplifies the unique skills and special capabilities required of past, present and future Rangers.

"Rangers have never been measured by what they have worn in peace or combat, but by commitment, dedication, physical and mental toughness, and willingness to lead the way — anywhere, anytime," Keen said. "The beret has become our most visible symbol — it will remain so.

"The Ranger tan beret will represent for the Ranger of the 21st Century what the black beret represented — a unit that 'Leads the Way' in our conventional and special operations forces," Keen said.

Editor's note: Information taken from a 75th Ranger Regiment news release.

Memorial service held for Fort. Carson soldier killed in Kuwait

by Julie Welch
Mountaineer staff volunteer

Staff Sgt. Richard Nelson Boudreau II was honored in a memorial ceremony held at Soldiers' Memorial Chapel Friday.

The chapel was filled to capacity as the Fort Carson community and Boudreau's family came to show respect for a man who was killed in the line of duty.

While supporting Coalition Forces during Operation Desert Spring in Kuwait, Boudreau and five other coalition military personnel were killed during a routine close-air-support training exercise.

During Boudreau's 11-year career in the Army, he served in Operation Desert Storm and received 12 awards and decorations. Among the awards received were the Army Commendation Medal with three Oak

Leaf Clusters, the Army Achievement Medal with four Oak Leaf Clusters, the Noncommissioned Officer Professional Development Ribbon with Numeral 2 and the Combat Infantryman Badge.

As ceremony participants shared their thoughts and memories about Boudreau, the common thread between the tributes was the mention of Boudreau's selflessness and noble sacrifice. He volunteered for the mission in Kuwait with the 707th Ordinance Company of Fort Lewis, Wash., so married soldiers would not have to be separated from their families during the holidays, said Capt. Bryan Ryder.

"He placed the lives of others before his own," remarked Ryder.

Maj. Gen. Edward Soriano, commanding general of the 7th Infantry Division and Fort Carson, recalled the time when he visited Kuwait three weeks ago and had the opportunity to speak with Boudreau who "left a lasting impression on me."

"He believed in what his nation called him to do in Kuwait" and he's "an incredible example for our soldiers to follow" Soriano said.

Lieutenant Col. Karl Reinhard also remarked that he "came to see him (Boudreau) as a man of strength and great experience" as well as "an outstanding leader and soldier."

Sergeant Landon Jackson described the man behind the uniform not only as a great soldier, but also as a comedian and talented artist. Jackson fondly remembered Boudreau as a "good friend and "personal mentor."

Whether as a soldier, friend, brother, or son, Boudreau was tied to many and "We feel pain for the strand that has been removed from our life," said Reinhard.

Chaplain (Capt.) Douglas Gibson closed by saying, "We thank you, God, for lending him to us for a season."

After Gibson gave the benediction, 1st Sgt. Bruce Tebben led roll call, which was followed by volleys and the playing of "Taps."

The memorial service was a beautiful tribute for a man who was described by Gibson as a "true patriot."

Boudreau is survived by his father, Richard Nelson Boudreau; his stepmother, Kay; his mother, Maureen Anne Farmer; his sisters Charlene Lamb and Shawn-Marie Batchelder; and his stepbrother Alex R. Trent Jr.



Photo by Spc. Stacy Harris

Soldiers' Memorial Chapel was filled Friday with family members and comrades.



Photo by Spc. Stacy Harris

A 21-gun salute was conducted for Staff Sgt. Richard Boudreau during a memorial service at Soldiers' Memorial Chapel Friday. Boudreau was killed in a training accident in Kuwait.

Community

YMCA holds annual Armed Forces essay contest

by **Spc. Stacy Harris**
Mountaineer staff

The Armed Forces YMCA's annual essay contest is available for the first time to military children and teenagers in the Pikes Peak region.

The focus of this year's contest is "battling the evil forces of boredom and dullness through reading," said Audrey Degenhardt, military outreach director for the local YMCA.

The contest is open to children and teens of active, reserve, National Guard, retired service members, and Department of Defense civilians, she said. The essay contest is in its fifth year nationwide, with winners receiving savings bonds ranging in value from \$100 to \$500. The deadline is April 9.

The contest is divided into two sections, Degenhardt said. One \$500 first place and one \$100 second place bond will be awarded in categories pre-school and kindergarten, first and second grade, third and fourth grade, fifth and sixth grade and seventh and eighth grade. High school students will be awarded a \$1,000 savings bond for

first place and a \$500 savings bond for second place. In addition, there are four \$100 bonds for each section that will be awarded for essays of honorable mentions.

Entrants in grades eight and below should submit essays of 300 words or less, Degenhardt said. Beginning writers are allowed to have their parents write the words for them.

The suggested topics for kindergarten through eighth grade includes:

1. What is your favorite book? Why?
2. Why is the library your favorite hangout?
3. Who is your favorite actor? Why?
4. Why is reading your favorite thing to do?

High school entrants must submit an essay of 500 word or less, she said.

The suggested topics for high school students include:

1. Will you e-read exclusively in the future?
2. Be a reporter visiting the past or future via time machine. What would

you tell today's students about reading at that time?

3. How are computers changing the way you read or study?
4. How do you think people will read in the 31st century?
5. How has reading helped you as a military family member?

At the top of each essay, entries should include the student's name, age and grade; address; phone number or e-mail where a parent may be reached; parent's names; service affiliation; rank of military member; and military installation. The entrant should also include the school or youth program if that is how the student enters.

Entries can be sent by mail or e-mail to essaycontest@asymca.org, Degenhardt said. E-mail essays can be either in the message body or attached as Microsoft Word or plaintext documents.

Mailed entries must be postmarked no later than April 9 to be eligible. Send essays to:

Armed Services YMCA, Attn: Essay Contest, 6225 Brandon Ave., Suite 215, Springfield, Va. 22150

All entries become property of the Armed Services YMCA and will not be returned. For more information, visit www.asymca.org or call (703) 866-1260, extension 16.

Depending on the number of participants, results will be announced by early May, Degenhardt said.



Overall, Degenhardt said, "Through programs and contests ... we encourage (students) to read."

Herbal ephedrine: Is it worth the risks?

by 2nd Lt. Julie Hess
Nutrition Care Division
Brooke Army Medical Center

To be a top-notch soldier in the U.S. Army, you have to be physically fit and lean. However, the cost of these demands can be dangerous and even deadly when soldiers resort to using dietary supplements to help them reach their fitness goals.

Reported in the fall 2000 "Soldier's Magazine" insert "Hot Topics-Current Issues for Army Leaders," a male soldier suffered from severe heat stroke and muscle damage during a unit road march; a female soldier was diagnosed with an irregular heart beat after she collapsed during a run at Airborne School; and another male soldier died during a physical fitness test. All three of these cases occurred after the soldiers took a dietary supplement that contained ephedra.

Ephedra, also known by the Chinese name Ma Huang, is the herbal form of ephedrine. Historically, the ephedra plant has been used for centuries in China and Russia as an herbal remedy for asthma and arthritis, and in Germany as a decongestant. In the United States, ephedra is sold in more than 200 dietary supplements, with claims of boosting energy, enhancing weight loss, building muscle and improving athletic performance. It is sold in the form of tablets, teas, powders and energy drinks at health food stores, grocery stores, gas stations and gyms across the country.

The makers of these supplements insist that the herb is safe, claiming millions are using it without problems. But what is not brought up is how many have had problems. In fact, since 1994, the FDA has cited more than 800 reports of adverse side effects

caused by ephedra use, including 44 deaths. The exact number of Army soldiers affected is unknown due to the lack of federal reporting guidelines. However, there have been 18 cases of service members, reported by the FDA, who have suffered from adverse side effects due to supplement use.

It seems that soldiers and consumers are unaware that ephedra can cause major illness and even death. Many people assume that supplements are safe and effective simply because they are sold over the counter and labeled as "natural" or "herbal." In reality, under current law, herbal products can be sold without any testing for their safety and effectiveness. They also are not required to have a warning label listing adverse side effects. Labeling would seem to be important, given that a supplement containing ephedra can cause anxiety, increased blood pressure, trouble breathing, confusion, insomnia, headaches, rapid and irregular heart beat, nerve damage, muscle tremors, seizures, stroke, coma, heart attack and death.

For soldiers, a diagnosis of some of these symptoms can mean the end of their military careers. Army Regulation 40-501, "Standards of Medical Fitness" states that soldiers who develop a certain medical diagnosis while on active duty must be referred to a medical and physical evaluation board to determine if they are fit for duty. Even if their condition is a side effect resulting from the use of a dietary supplement taken for weight loss or improved performance, a diagnosis like heat stroke could result in medical retirement.

Despite reports of its potentially harmful effects, ephedra use has been growing since 1995. Makers of supplements report 3 billion servings were sold last

year and estimate that there are anywhere from 4 to 15 million Americans currently take ephedra products. In response to these reports, the FDA proposed several federal regulations in an attempt to limit its use. These included limiting ephedra dosages to 8 mg per serving and warning consumers to take only 24 mg daily for up to seven days. Unfortunately, the FDA had to withdraw these proposed restrictions last March after the Congress' General Accounting Office said that while ephedra did seem risky to some people, there was not enough sound evidence to support restrictions.

Army leaders are also concerned over the growing use of ephedra products by soldiers. In fact, the dangers are so prevalent that the Army Chief of Staff Gen. Erik Shineseki released a worldwide message to soldiers last August stressing the need for caution when using supplements.

Until more research is done allowing the FDA to put stricter limitations on the use of ephedra, soldiers need to be warned and educated about the dangers of its use. As stated by Lt. Col. Joan Lyon, chief, Fitness and Nutrition for the U.S. Army Center for Health Promotion and Preventive Medicine, "Soldiers are the Army. Their health should be our highest priority."

It is important that any problems with dietary supplements be reported to the FDA's MedWatch. Forms are available on the Internet at www.fda.gov/medwatch. Reports can also be made by calling the FDA's Office of Emergency Operations at (301) 443-1240, or the FDA Consumer Hotline at (800) 322-4010.

Editor's note: Hess is a dietetic intern at Brooke Army Medical Center. This article is reprinted from the News Leader.

Chapel

Lenten Lunch — Christians prepare for Good Friday during the season of Lent. As part of this preparation a Lenten devotion time, including a light lunch, will take place each Wednesday, through April 11, 11:30 a.m. to 12:45 p.m. at Soldiers’ Memorial Chapel. All are invited.

Soldiers’ Memorial Chapel will present “The Living Last Supper” dramatic event April 12. Help is needed in many facets of the production — actors, props, set construction, makeup, costumes and general support. To join in this exciting project please contact Bob Kwiatkowski at 392-4883.

Protestant Lenten Easter Schedule

Wednesdays in Lent Ecumenical Lenten Lunches — lunch provided 11:45 a.m. till April 4.

Palm Sunday Regular Protestant Worship Service Schedule — 11 a.m.

Easter Thursday Maundy Thursday Service — 11 a.m. at Healer Chapel.

Liturgical Communion Service — noon at Soldiers’ Chapel.

Seder Meal with Communion April 12 — 6 p.m. at Soldiers’ Chapel.

Living Lord’s Supper — 7:30 p.m. at Soldiers’ Chapel.

Good Friday Ecumenical, Service — noon at Soldiers’ Chapel.

Good Friday Service, Last Saying of Christ — noon at Healer Chapel.

Easter Sunday Ecumenical Sunrise Service — 6 to 6:40 a.m., outdoors at Soldiers’ Chapel.

Continental Breakfast — 7 a.m. at Soldiers’ Chapel. Regular protestant worship schedule

Special Lenten-Easter Catholic Services

Friday’s Lent Stations of the Cross — 11:30 a.m. at Healer Chapel.

Stations of the Cross — 7 p.m. at Soldiers’ Chapel.

Soup/Bread Supper — 5:30 to 7 p.m. at Soldiers’ Chapel.

Wednesday Communal Penance Service — 7 p.m. Confessions.

Holy Thursday Mass — noon at Healer Chapel.

Holy Thursday Mass — 7 p.m. at Provider Chapel.

Good Friday Service — noon at Healer Chapel.

Good Friday Service — 7 p.m. at Soldiers’ Chapel.

Holy Saturday Easter Vigil — 8 p.m. at Soldiers’ Chapel. (regular Saturday evening Mass at 5 p.m. canceled)

Easter Sunday Mass — 8 a.m. at Veteran’s Chapel.

Easter Mass — 9:30 a.m. at Soldiers’ Chapel.

Easter Mass — 12:15 p.m. at Provider Chapel.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-5769
Tues-Thurs.	noon	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahlc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The “ROCK” Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

Daily Bible Readings In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 106 & Luke 8-9

Saturday — Psalms 107 & Luke 10-11

Sunday — Psalms 108 & Luke 12-13

Monday — Psalms 109 & Luke 14-15

Tuesday — Psalms 110 & Luke 16-17

Wednesday — Psalms 111 & Luke 18-19

Thursday — Psalms 112 & Luke 20-21

The Army Cycle of Prayer — You are invited to join with the chaplain community and pray for these individuals and organizations. **Unit:** For the soldiers, families and leaders of the III Armored Corps (Phantom Warriors), headquartered at Fort Hood, Texas. **Army:** For the dedicated officers, noncommissioned officers and soldiers of the Artillery Branch, whose regimental home is at Fort Sill, Oklahoma. **State:** For all soldiers and their families from the state of Oklahoma. Pray also for Gov. Frank Keating and the state legislators and municipal officials of the Sooner State. **Nation:** For the thousands of employees of the National Park Service, whose stewardship of our lands ensures that Americans will always enjoy our bountiful natural treasures. **Religious:** For the clergy and congregations of the African Methodist Episcopal Church, and for the chaplains endorsed for military ministry by that community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle’s website at www.usarmychaplain.com .

Chaplain’s Corner

Commentary by
Chap. (Capt.) James L. Drake
3rd Battalion, 29th Field Artillery

Purim is a holiday of the Jewish faith that dates back to between 359 and 485 BC. The book of Esther, between eight and 12 pages long, depending on the version of the Bible you have, is one of the shorter books of the Old Testament.

It is an epic story of love, political intrigue, bigotry and justice. The principal characters are Ahasuerus, king of Persia; Esther, the new queen; Haman, the highest ranking of the king’s noblemen; and Mordecai, elder

cousin of Esther.

The heart of the story centers on Haman’s pride and lust for power. Central to this theme is his ignorance and bigotry, which causes him at times both joy and great sorrow. These failings drive him to attempt to perpetrate acts of the most vile nature against his fellow man.

Haman is prevented from fulfilling his plans by an ironic twist of fate that has placed Esther, whose ethnic and religious heritage Haman has come to hate, in the position of queen.

Purim is the celebration of the deliverance of the oppressed from the

hands of their oppressor. It points directly to a God whose will is to prevent injustice in an often unjust world. The story calls for human commitment and sacrifice, possibly even to the point of death, to prevent inhumanity against those they share their world with.

We Americans, whatever our ethnic, cultural or religious heritage, as a nation in the 21st century, should study hard the history of humanity and learn from its lessons how to create an environment of acceptance and tolerance. There have been too many lessons in our nation’s history of the

abuse and exploitation of humanity for us not to take notice of and take corrective action as soldiers, citizens and people of faith.

I encourage you to find a Bible and read the book of Esther. It is both enlightening and interesting. It may be ancient history but it is as relevant to us today as it has been for the last couple of thousand years. Ethnic and or religious hatred is a poison we can’t afford in society.

Can your life make a difference? The life of Esther, a displaced war orphan, changed history. So can you, one life at a time.

Spouses’ survey input will help shape future Army family life

by Harriet E. Rice
U.S. Army Community and
Family Support Center
ALEXANDRIA, Va. — No one knows better than an Army spouse what Army life is like. Army researchers want to capture that knowledge so senior leaders can use that experience input as a blueprint to improve support for families.

One of the best ways to obtain input from spouses is through a survey, and the Survey of Army Families IV is ready for mailing in early April. SAF IV gives 20,000 randomly selected spouses a chance to paint a day-to-day picture of Army family life from their perspective.

“We want spouses to tell us what it’s like to walk a mile in their shoes out there, wherever they are,” said Dr. Richard Fafara, senior research analyst at the U.S. Army Community and

Family Support Center. “They know best what affects their lives and we value their comments.”

The CFSC, a Headquarters Department of the Army agency, has oversight for Army morale, welfare and recreation programs, such as Army Community Service, child care, teen centers, domestic violence prevention, libraries, sports, fitness and performing arts.

The 104 questions in this year’s survey tackle tough issues, asking spouses to uncover family concerns and needs. From housing to relocation to childcare, youth services and other issues that impact Army families, the goal of the survey is to paint a picture of emerging trends.

“These 20,000 spouses who respond are really catalysts for change,” said Fafara. “Responses to the first three surveys conducted in 1987,

1991 and 1995 led to changes that benefit today’s spouses and family members. Programs such as spouse employment, education, family readiness groups, child care and youth services all look different today, thanks to input from spouses in those surveys.”

For example, Army Community Service Employment Readiness Programs assist spouses by matching skills and experiences with suitable jobs. Spouses who volunteer learn how to document that volunteer time as work experience, enabling them to build a history of leadership experience, skills and growth.

An outgrowth of the 1991 survey, conducted after Operation Desert Storm, resulted in the establishment of Army Family Team Building. Thousands of family members have attended AFTB classes and have a

clearer understanding of Army culture and traditions as well as the many programs, services, and benefits available to them.

“The knowledge they’ve gained from AFTB helps them cope better with daily stresses of military life, especially those surrounding deployment,” added Fafara.

“If there are past participants whose friends or neighbors receive a survey, I hope they encourage the recipients to take their selection seriously and spend the 30-45 minutes it takes to answer the questions,” said Fafara.

Heads-up notices were mailed to selected participants in mid-March. The survey packets include postage-paid return envelopes, and spouses are encouraged to fill out and return the questionnaire as soon as possible.

Active duty family members will see Prime Copayment changes

**by Capt. Megan Scull
Medical Department Activity**

Most copayments will disappear and others will change for TRICARE Prime beneficiaries who are family members of active duty service members, thanks to the recently passed 2001 National Defense Authorization Act.

The new law, which takes effect April 1, 2001, provides that active duty family members enrolled in TRICARE Prime will no longer have copayments for civilian health care services — with two exceptions: pharmacy services and services provided under the Program For Persons With Disabilities. Point-of-Service charges will remain in effect on and after April 1, 2001. Network providers should no longer bill Prime ADFM patients for copayments for dates of service on or after April 1.

Referrals and Authorizations Still Required

The elimination of most copayments does not affect the requirement for Prime beneficiaries to obtain referrals and authorizations for care not provided by the primary care manager, including mental health. If this is not done, POS charges may apply.

POS is the option available to TRICARE Prime beneficiaries that applies to non-emergency care not

provided or referred by the PCM. Beneficiaries using the POS option must pay an annual deductible and a substantial cost-share. Under this option, there is an annual deductible of \$300 per individual or \$600 per family, and a cost-share of 50 percent of allowed charges plus any additional charges over the allowed amount.

Although the PCM is responsible for helping to ensure that required authorizations are issued, TRICARE recommends that you verify that authorizations are in place before receiving referred care. In this way, you can avoid incurring unnecessary charges (other than the normal copayments and cost-shares).

New Pharmacy Copayments

Prescriptions may still be filled at military treatment facilities at no cost to you. At network retail pharmacies and the National Mail Order Pharmacy, copayments will be standardized April 1 — at \$3 for generic and \$9 for brand-name medications-for all TRICARE beneficiaries. The new copayment will cover up to a 30-day supply of a prescription obtained at a network pharmacy (the copayment is doubled for a 60-day supply and tripled for a 90-day supply). The \$3 and \$9 copayments will cover up to a 90-day sup-

ply if the prescription is obtained through the NMOP.

If the prescription is obtained from a non-network pharmacy, normal POS charges (see above) will apply for Prime beneficiaries. For Standard (i.e., non-enrolled) beneficiaries, the annual deductible and a cost-share of \$9 or 20 percent of the allowable charge, whichever is greater, will apply.

Please also note that the Department of Defense has mandated the dispensing of generic drugs for all TRICARE beneficiaries. Generic equivalents will automatically be substituted for brand-name prescriptions when available, unless the prescribing physician documents that the requested brand-name drug is medically necessary. The \$9 copayment for brand-name medications applies only when those medications are prescribed as medically necessary. If you insist on receiving a brand-name drug when there is an available generic alternative, there will be no TRICARE coverage for that drug, and you will be required to pay 100 percent of the cost. If a brand-name medication is the only drug available, then you will be charged the brand-name copayment.

For an overview of the NDAA for Fiscal Year 2001, log on to the TRICARE Management Activity web site at www.tricare.osd.mil/ndaa.

Traveling Chefs will help clear up kitchen mysteries

by **Bonnie Powell**
Commissary Marketing Business Unit
Have trouble boiling water? Fear no more. Commissary customers can learn from the best as traveling chefs begin touring commissaries during a national promotion aimed at putting “home cooking” back on the military family menu.

The first leg of “Meal Solutions for the Military Family” kicks off April 3 on post, with stops at three commissaries in the Colorado Springs area. The “Traveling Chefs,” graduates of the Florida Culinary Institute, will prepare recipes during two-hour demonstrations from 10 to noon and 2 to 4 p.m. The morning sessions feature breakfast dishes and an appetizer, with dinner and dessert on the afternoon session agenda. Whether customers stroll by or bring

their folding chairs and take notes, there will be something new cooking every 20 minutes, according to Debbie Coffman, director of marketing for tour sponsor Overseas Service Corp. The “Meal Solutions for the Military Family” tour fits in well with customer outreach initiatives of Defense Commissary Agency Director Maj. Gen. Robert J. Courter Jr.

Tour schedule dates set	
<i>Tour Schedule:</i>	<i>Dates</i>
Fort Carson	April 3
Peterson Air Force Base	April 4
Air Force Academy	April 5

Military members and spouses in commissary worldwide focus groups expressed a desire for more information on how to cook and for quick, simple recipes. The demos will be professionally presented in a kitchen-like setting. “Customers will also learn how to present the dishes as well,” says Coffman. “The chefs will have eight recipes printed on ‘chef hats’ to hand out so people can make the same dishes at home.” Coupons will also be available from manufacturers participating in the tour. Recipes used on the tour will be available in the shopping/promotions section of www.commissaries.com , just in case shoppers can’t make it to the demos or want to print copies of the recipes.

Military

Civilian leaders visit Pinon Canyon training site

by Sgt. 1st Class James Yocum
Noncommissioned Officer
Public Affairs

PINON CANYON MANEUVER SITE — City council and chamber of commerce meetings aren't known for their excitement. But, when 26 members of those organizations from Lamar, LaJunta and Trinidad met at Pinon Canyon March 12, the civic leaders found excitement in droves.

Taking part in a Fort Carson Mountain Post Team Tour of Pinon Canyon, the visitors got to see first-hand an example of life for soldiers in a field exercise.

"While these people live close to PCMS and have seen numerous convoys to and from PCMS, for many of them, this was their first time to see what soldiers do up close," said Kim Tisor, deputy community relations officer for Fort Carson and tour organizer. "They flew in Black Hawks to get to the training sites from the cononement area; they rode in tanks and Bradleys; and received battle updates and command briefings," she said.

The visitors even got a taste of warrior cuisine when they "tore into" the meals, ready to eat, provided for their lunch, Tisor said.

Mountain Post Team Tours, held three to four times a year, give local officials an opportunity to learn about military installations near their homes. The tours help foster goodwill between the community leaders and the military — which is important since many decisions made by the civic leaders and businessmen in the area can affect soldiers lives in everything from local laws to housing costs, Tisor said.

"I actually had one VIP on this tour who came up to me and said, 'I'll never complain about paying my taxes. Now, I don't mind, after seeing where it goes.' It's this kind of support that assists with such things as housing initiatives and getting the community to step up when we face BRAC (Base Realignment and Closure hearings)," Tisor said. "Without these tours, the community feels excluded and we remain a 'foreign' entity; so we must do what we can to bridge the gap."

This tour was specifically tailored to the civic leaders in the southern portion of the state, since tours on Fort Carson require at least two hours of driving for the participants. Since the civic leaders couldn't come to tours at the main installation, the tour went to them at Pinon Canyon. Instead of a long drive, the council and chamber members only had to



Photo by Sgt. Charles Drew
Commander of a Bradley fighting vehicle scans his sector for possible enemy targets.

drive a short distance to the training site, 30 miles from Trinidad.

Some of the visitors who had served in the military said they were surprised with the changes in technology and procedures since their days in uniform.

"This was a great experience," said Ron Hall, a LaJunta chamber of commerce member and Navy veteran who had served on an aircraft carrier. "It lets us see what the technology is like today. It's a lot different from my military experience."

Tisor said the tour was a success, mainly because of the great presentations provided by the host unit, the 3rd Armored Cavalry Regiment.

"I know many of the soldiers had been up for 24 plus hours, yet they made the tour enjoyable for all those involved," she said. "We received many compliments (from the participants) on the professionalism of the soldiers."

Which, Tisor said, is exactly the image the event is intended to leave visitors with.



Photo by Sgt. Charles Drew
Civic leaders experience the Army's finest cuisine.



Photo by Sgt. Charles Drew
Tiger Squadron gears up to take civic leaders on an Opposing Forces "battle."

10th Group Wins Inaugural Water Infiltration Competition

Story and Photos by
Master Sgt Jim Culligan
3rd Battalion,
10th Special Forces Group

Recently a four-man team from 3rd Battalion, 10th Special Forces Group (Airborne) earned the title “champions” in the first ever Special Forces Waterborne Infiltration Competition held in Key West, Fla.

The competition was designed to test the waterborne infiltration skills used in the Special Operations units. Sgt. 1st Class Rolf Jensen, Sgt. 1st Class Bill Hoopes, Master Sgt. Jim Culligan and Capt Brian Petit completed the five-event course in nine hours and seven minutes. Nine teams from four Special Forces Groups competed in the event, with the fastest overall time determining the winner.



Sergeant 1st Class Rolf Jensen powered the 3rd Battalion team in the 15 nautical-mile kayak navigation course.

The competition consisted of six events: nighttime static-line airborne jump into the ocean, 1,500 meter surface swim, 15 nautical-mile kayak navigation course, 20 nautical-mile Zodiac Rubber Raiding Craft navigation course, 10-mile ruck-run and an obstacle course. Time started when the team exited the aircraft and the stopped when the four-man team completed the obstacle course.

“We planned our strategy and executed our plan,” said team captain Hoopes. Hoopes started the team off with a perfect “spot” as the C-130 lumbered over the dark, oceanic drop zone and the four-man team waddled off the ramp with swim fins already strapped to their feet. The team splashed into “Shark Drop Zone,” discarded their parachute equipment and had to locate each other in the water before beginning the mile surface swim to shore.

The next leg of the competition was the kayak navigation course. Teams were required to plot their points and map a route taking into consideration wind, tides and obstacles, such as shallow reefs. All teams were equipped with two, two-man Klepper kayaks. The Klepper kayak has been historically used for military application by many Nordic countries and was adopted by the Special Forces units because it is light, silent, low-profile, easy to hide and it can carry hundreds of pounds of equipment. Jensen powered the 3rd Battalion team in this event and built a lead that the team would never relinquish.

Become a Special Forces Combat Diver

The Special Forces Underwater Operations School is located in Key West, Fla. The Combat Diver Qualification Course is five weeks in length and qualifies US Army and Air Force soldiers on subsurface, or “SCUBA” operations.

All CDQC students must pass their units Pre-CDQC course, generally a two to three week training course. Pre-CDQC is a physically and mentally rigorous training program that ensures students are comfortable in strenuous situations in and under the water. A typical day in Pre-CQDC includes 1.5 hours of PT, 3.5 hours of pool training and surface swims up to 3000 meters. Combat divers are also taught dive physiology and dive physics.

Soldiers interested in becoming a Special Forces Combat Diver should contact the Mountain Post SF Recruiter, Sgt. 1st Class Joseph Osborn, 524-1461.

Following the kayak, teams were required to transload their combat gear into a Zodiac Rubber Raiding Craft and plot another route to five navigation points in and around the “cayes,” or small islands of Key West. This event tested the ability of teams to navigate to pinpoint locations in the dark of night with minimal navigation aids. “There are no terrain features out here. You must rely on your compass, your map and channel markers,” remarked Staff Sgt. Shane Hagerman, a member of the 2nd Battalion, 10th SFG (A) team.

Teams then transitioned to the ground phase of the operation: the 10-mile ruck-run. This event tested the team’s ability to continue on land after seven to ten hours on the water. Loaded with 70-plus pounds of gear, the teams pounded down the streets of Key West in the early morning hours. Jensen and Petit — both former Best Ranger Competition contestants — pushed the 3rd Bn. team to stay on the winning pace. The camaraderie of the Special Forces teams was evident as competitors hooted and hollered for each other as they passed by in the out-and-back course.

The final event was the obstacle

course. Cargo nets, barbed wire, high walls and rope climbs proved a great challenge after the night’s air, sea and land events. Veteran combat diver and Command Sergeant Major of 2nd Battalion, 10th SFG(A), Vic Allen, grunted through the obstacle course and crossed the finish line with his three team members. Fellow soldiers cheered the team who finished seventh overall.

After a few hours sleep, the competitors gathered for a barbecue and awards ceremony. Major General William Boykin, commanding general of US Army John F. Kennedy Special Warfare Center and School presented trophies and coins to the competitors. The three 10th Group teams soaked up the warm Key West sunshine before returning to the snowy Mountain Post. Next task for these Special Forces soldiers: Winter Warfare Training in the Colorado Rockies.



If you are interested in this kind of challenge, call our Special Forces Recruiter at 524-1461/62; or, visit him on Fort Carson in the 10th Special Forces Group (Airborne) Compound, Building 7450, Room 111. A.

59th Quartermaster Company deploys to Pinon Canyon — “Fuelmaster on the move”

by 2nd Lt. Audry J. Batiste
1st Platoon Leader

Since its reactivation on Fort Carson Oct. 16 1998, the 59th Quartermaster Company, a bulk petroleum organization, conducted its first Company External Evaluation while supporting exercise Rifles Rampage 2001 at Pinon Canon Maneuver Site.

This was a split-based operation for the 59th Quartermaster Company; the company headquarters, 1st Platoon and a maintenance section at PCMS, while 2nd Platoon and another maintenance section occupied Fort Carson's Training Area #14.

Captain David D. Chipchase, company commander, established the training objectives which were geared toward validating the proficiency of 1st and 2nd Platoons in conducting Class III Bulk operations, setting up and operating a tactical Fuel System Supply Point for bulk and retail issue. In addition, the company would operate the fixed facility fuel site.

Moreover, the company sought to exercise the operations section in controlling bulk petroleum supply operations. Aside from the line platoons, Chipchase's training focus was also aimed at other combat service support functions. Specifically, the purpose was to test and verify the training of the supply and food service sections; providing unit supply support internally to the company and food service support in a field environment.

One final objective was to assess the proficiency of the company in defending against a Level I attack and preparing for and responding to a chemical attack.



Private 1st Class Michael Leone primes a 350 gallon-per-minute pump during receipt of 5,000 gallons of JP8, while Pvt. Anna Wypych looks on.

One critical aspect of the company's mission was maintenance support. The mechanics assigned to the 59th Quartermaster Company provided untiring support during all phases of the deployment. They stood ready and provided swift recovery operations throughout the evaluation. Most importantly, all tactical vehicles deployed to and from Pinon Canon without fail. This was attributable to proper preventative maintenance services on the equipment and quality assurance/quality control procedures implemented, along with efforts by the primary operators.

The 59th Quartermaster Company's quality training was supported by 43rd Area Support Group's coordination in bringing in a team from the 49th Quartermaster Group, the Army's only active duty petroleum and water group stationed at Fort Lee, Va. to conduct the external evaluation. The team consisted of specialists in the areas of petroleum, maintenance, NBC and communications. The company would be evaluated in all aspects of conducting Class III Bulk operations, ranging from controlling and supervising to issuing and receiving, including other mission essential tasks.

The EXEVAL focused on a myriad of tasks essential to the 59th Quartermaster's mission statement. Some areas included the operation of one fuel system supply point at Pinon Canon and one at Training Area 14, each with a capacity of storing 80,000 gallons of fuel. Leader tasks, such as performing risk management procedures, were an ongoing part of the evaluation.

Crew drills were an integral part of the training process. And after conducting numerous crew drills on spill containment and fire control, it became second nature to execute the task on a moment's notice.

“Heavy emphasis was placed on reaction time and everyone knew what their specific tasks were,” said Pvt. Stephanie Brunko. She added, “soldiers got a better grasp of the system-FSSP — both with the set up and during operations with fuel in the system.”

One night during the EXEVAL, the manifold line between tanks three and four of the fuel system supply point had a simulated burst. Sergeant Marvin Haylett, noncommissioned officer in charge of the spill containment team, activated the six-soldier team. He assessed 25 gallons, then 50 gallons and the fuel continued to saturate the ground. The spill quickly escalated to a level-two spill, and in accordance with company standard operating procedure, all available soldiers were called in to assist. The Small Emplacement Excavator, also known as SEE truck, arrived on the scene to help dig up the contaminated

soil. One team of soldiers instinctively retrieved replacement hoses to be exchanged out, and the gate valves were shut close and damaged hoses were removed.

Heavy breathing was heard among the crowd of eager soldiers aggressively containing the fuel spill. Some were digging, while others were engaged in replacing the manifold line of hoses with more than 75 gallons of fuel remaining inside. Just when the last couplings were connected to exchange out the final hose, 1st Sgt. Tomas Ortiz, the senior observer/controller, yelled “Endex.” “Great job,” he said.



1st Platoon, 59th Quartermaster Company issues 14,000 gallons of JP8 to 360th Transportation Company. Soldiers monitor the 350 gallons-per-minute pump, right, and the filter separator, left.

After all the training, all the crew drills, and all the lessons learned, the 59th exercised realistic training scenarios that involved actual fuel being stored on the ground.

The evaluation was beneficial to the company, its leaders, and most of all the soldiers. First Sergeant Tomas Ortiz put it in clear perspective for the soldiers of 1st Platoon. He explained to them the importance of being proficient in basic soldier skills, being technically competent in their specialty, and most importantly knowing what their role is on the battlefield. Afterwards, many soldiers expressed a sense of belonging, ownership, and pride of being a part of the 59th Quartermaster Company - “A Fuelmaster.”

“It made me feel like I have a bigger role in my job of being a petroleum specialist and trained for combat,” said Pvt. Manuel Cota.

Rifles Rampage 2001 was an effective training exercise for the 59th Quartermaster Company. The unit was involved with the distribution of more than 800,000 gallons of fuel throughout Rifles Rampage 2001.

No Line!

New pharmacy system gives patients efficient, faster service

By Spc. Stacy Harris
Mountaineer staff

The Evans Army Community Hospital Pharmacy devised a new system Feb. 1 to better serve customers.

The new pharmacy, called the "Bank Teller System," is based on the patient's priority, said Lt. Col. Ed Torkelson, chief of pharmacy services.

The system requires each person to obtain a number, and wait for it to be shown on a screen above the pharmacy windows, Torkelson said. The length of the wait depends on whether the person is active duty in uniform, dependents or retirees.

The old system, which was an assembly line process, made waiting time anywhere from one to three hours, he said. The Bank Teller system is actually more efficient because the pharmacy staff is able to take a more personal interest in each customer by spending more time explaining the medications.

"The waiting time used to be an hour to three hours," he said. "It got to the point where the patients weren't happy with the system and the staff wasn't happy."

Torkelson arrived at Fort Carson six months ago from Fort Lewis, Wash.,

which had already been doing the Bank Teller method. When he arrived at Fort Carson, EACH was still doing the assembly process. Through research and talking to the hospital command staff, the new system was implemented showing the command a more efficient way of serving the customers, and the changeover began.

The system works by splitting up the patients and enforcing different policies. The system is smoother because 30 to 35 percent of the workload was moved to the pharmacy at the Fort Carson Commissary, he said. Now, it is mandatory to call in refills, and those not enrolled in TRICARE Prime will use the commissary pharmacy.

The first day the system was used, the average waiting time was already down to 6 minutes per patient, Torkelson said.

"My target is 20 minutes," he said. "If we can keep people from waiting for new prescriptions under 20 minutes, it is already better than any retail pharmacy out there."

The new system works because Torkelson changed the way the pharmacy staff fills all of the prescriptions. Therefore, the medicine is not ready until the patient goes to the pharmacy to get it. Before, there was a problem with stocking refills that never got picked up, he said.

Overall, to get the new system underway, Torkelson said the credit goes mainly to the staff and the hospital command for their support. Jack Kline, pharmacy technician, set up the design.

"It went better than what I could have expected," he said. "A lot of it has to do with the flexibility and hard work of my staff (members.) They've done a tremendous job."

The customers have also shown positive feedback from the change, he said. The pharmacy received about 30 to 40 positive comment cards back within the first month.

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Photo by Spc. Stacy Harris

The new system requires patients to get a number before receiving their medications.



Photo by Spc. Stacy Harris

The new system decreased the one to three hour waiting times down to six minutes, causing many empty seats in the hospital pharmacy waiting area.



Nilofer Perez, hospital ph



Benita Mallory, hospital pharr



Photo by Spc. Stacy Harris

pharmacy technician, counsels a patient on how to properly use the medication.

keep the Fort Carson community healthier by, “minimizing the spread of
e due to very little contact,” Torkelson said.
ven though the new system has shown many benefits, it still has its down-
‘Unless you have a full staff to do bank teller, it bogs down just like
hing else.”
ne command group at EACH has shown its support by allowing Torkelson
: more staff members for the pharmacy so each patient has the minimal
it of time to wait.
at, Torkelson said, people must remember the quality of the pharmacy is
terminated by how fast the medicine is given. He asks those picking up
ine to remember if they have to wait a little longer for the pharmacy tech-
to make sure everything is accurate, it is only because the staff cares for
tients and wants them to receive the proper medicine.
Every person up there (pharmacy) has (the patients) well being at heart,”
d.



Photo by Spc. Stacy Harris

nacy technician, fills a bottle of medication.



Photo by Spc. Stacy Harris

The new system allows medication to be filled when the patient checks in. This eliminates refilled bottles of medication which are never picked up from the pharmacy.



Photo by Spc. Stacy Harris

Bernie Rose, hospital pharmacy technician, retrieves a patient's medication

Greenback

by Sgt. Erin Engdahl
B Detachment, 4th Finance Battalion

Thinking about re-enlisting? Have you recently re-enlisted? Did you re-enlist for a bonus, or cash in leave? If so, you must bring the finance office a copy of the contract immediately so we can make the necessary inputs. Also, pay close attention to your ETS date on your Leave and Earnings Statements in the months following your re-enlistment. If your ETS date does not change within two months of re-enlistment, you must bring the finance office a copy of your contract. Failure to do this may result in you

“falling off” the finance system and, subsequently, not being paid. Additionally, do not wait until the month of your old ETS to adjust your ETS date. By doing this, you again risk jeopardizing your pay. The retention system now inputs re-enlistments into the finance system. This means that if you re-enlist with no bonus and choose not to sell any leave, finance no longer needs your re-enlistment contract to change your ETS date. The obvious benefit of this streamlined approach to re-enlistment inputs is that now only one input is needed to change your ETS

date on retention, finance and personnel. However, if you re-enlist for a bonus or cash in leave, you still must bring the finance office a copy of your contract as soon as possible for proper input. In these cases, if you fail to bring the paperwork, retention will change your ETS date, but you will not receive the money you are authorized. It is important for you to know your situation and provide proper and timely document submission to ensure accurate adjustments and payments from retention and finance.

National Infantry Association chapter comes to Fort Carson

by 1st Lt. Brian L. Compton
1st Battalion, 12th Infantry

Recently members of the 3rd Brigade Combat Team opened the first ever Mountain Post Chapter of the National Infantry Association. Soldiers, NCOs and officers in the Fort Carson infantry community were eager to sign up for the fledgling association, looking forward to being part of a group that is solely devoted to the profession they devote their lives to. Staff Sgt. Michael Morton, Sergeant of Arms for the Mountain Post Chapter said. “This is an opportunity of a lifetime that all infantryman should be proud to take advantage of. I look forward to being part of the camaraderie shared by the profession

of arms.” Created in 1893, The National Infantry Association was developed to preserve and foster a spirit of good fellowship among military and civilian persons whose past or current duties affiliate them with the U.S. Army Infantry. The NIA serves to advance the status, esprit de corps and knowledge of those persons who serve in the Infantry Branch, the industry that supports the infantry and all other activities that contribute to the advancement of the infantry. Today, with the aid of the 1st Battalion 12th Infantry, and the newly formed Mountain Post Chapter, Fort Carson’s voice will be heard in the infantry community. Currently, the

Mountain Post Chapter has close to a hundred members. Benefits for the members include The “Infantry Bugler” quarterly publication; college scholarships; activity funding; enhancing the National Infantry Museum; as well as a highly respected awards program. The awards program includes one of the infantry’s most distinguished awards, The Order of St. Maurice, which was established to recognize those who made significant and lasting contributions to the infantry community. Recently during 1st Battalion, 12th Infantry’s annual Warrior Ball, Lt. Col. David Sutherland, president of The Mountain Post Chapter, awarded the chapter’s first ever Order of St.

Maurice to the 4th Infantry Division Command Sergeant Major, Michael Gravens, in front of 1,000 attendees. Although Gravens is a 19D, Light Cavalry Scout by trade, he was quick to point out that he has a skill identifier of 11B, Light Infantryman. Gravens has been a friend of the infantry his whole career and fights for the rights of his infantry soldiers in the 4th Infantry Division (M). Sutherland challenges all members of the Mountain Post infantry community to become members of the NIA. To become part of 1st Bn. 12th Infantry’s current membership drive, or if you need any information, contact Staff Sgt. Chauncey Hamm, treasurer of the Mountain Post Chapter, at 526-1040.

From Counsel

Payday loan centers: not much bang for the buck

by Capt. Greg O'Dey
Legal Assistance Attorney
Office of the Staff Judge Advocate

Payday loan centers are a common fixture outside the gates of most any military installation. In a typical payday loan, the consumer writes a personal check for the amount borrowed, plus a fee. This fee, stated as a percentage of the loan, translates into a triple digit annual percentage rate. Generally, the lender agrees not to deposit the check until the borrower's payday, or up to 14 days. When the loan is due, the borrower can redeem the check (plus Interest) for cash, allow the check to clear through the bank or pay another fee to extend the loan for another two-week period. Colorado law allows fees of \$25 to borrow \$100 for two weeks, a 650 percent APR.

When a 650 percent APR is

compared to the average credit card APR of 19.9 percent which is high enough to cause debtors severe problems — it is easy to see a payday loan is not a good deal.

It is even easier to see this when one looks at usury laws in Colorado. Under Colorado usury laws, almost all consumer credit transactions must be under a 45 percent APR. However, approximately 30 states, including Colorado, have given payday lenders a safe harbor from usury laws.

So what protection does Colorado and Federal laws give to borrowers from payday loan centers? Not much. Colorado law provides that no payday lender may have more than two post-dated checks on any one account, which may not exceed \$500. The federal Truth in Lending Act also provides that payday loans must state any fee as

an annual percentage rate since most consumers are accustomed to interest rates in terms of an APR and not a bi-weekly rate.

Payday loan centers defend these high interest rates by noting that they often lend to those who can not receive credit from any other source. Payday loan centers also point out their fees are often less than the fees and penalties surrounding a bounced check. This argument, however, is not logical as most people do not write bad checks when they are short on cash. In addition, resorting to a payday lender often only delays bounced check charges at which point lenders will often, illegally, threaten criminal prosecution and seek three times the amount of the bounced check.

Under certain conditions, as an alternative to a payday loan, soldiers

should remember that Army Emergency Relief provides emergency loans for food, rent, utilities, emergency vehicle repair, funeral expenses, medical expenses and personal needs when pay is delayed or stolen.

Payday lenders argue that people are free to enter any type of transaction they want, even a bad one. As Capt. Gary Bilski, a Colorado attorney practicing military law, states, "It's economic Darwinism. The lenders simply prey on vulnerable soldiers and their families. If soldiers, before they signed away their next check at a 650 percent APR, would just take a step back and think, they would know this is a bad deal."

For questions about payday loans, contact the Legal Assistance Office or a Command Financial Noncommissioned Officer.

Show me the money



Bares

by **Sgt. 1st Class Daniel G. Bares**
Command Finance Noncommissioned Officer
1st Battalion 12th Infantry

Have you done the “PMCS” on your checkbook this week?

If you drive along motor-pool road on Monday morning, at 9 a.m., you will see hundreds of soldiers, carefully checking the vehicle that

may carry them into combat. Soldiers will have the hoods up or the grills open, checking fluid levels, suspensions, turret operations and many other components that mean the success or failure of their unit mission. The newest driver can walk you around his or her vehicle and point out every deficiency and give you its status.

It is amazing how similar taking care of our checkbooks is to taking care of vehicles. Just as you have before, during, and after checks on your vehicle, you have those same “checks” on your checkbook. Would you fire up your vehicle without checking first to make sure the engine oil is in the proper operating range? Yet, soldiers and dependents fire up their checkbooks without knowing whether there is money in it. It is not sufficient to know if there is oil in the engine, we have to know how much. The same applies to our bank balances. We don’t just need to know if there is any money in the account, we need to know just how much money is in the account. This is a “before operation check.”

Logging the information in the checkbook

register and refiguring the remaining balance, is the “during operation” check.

Rechecking figures and reconciling the account with the bank statements, both fall in the “after operations” category.

To the majority of individuals, these steps are second nature, but command financial noncommissioned officers are seeing more and more cases of this not being the standard. Most of these occurrences are with lower enlisted members who do not have the money to throw away on returned check fees.

Everyone with a bank account knows there is a fee for returned checks that may range from \$20-\$30. Did you know some banks cycle checks through as many as three times before returning them, charging the fee every time? The check then goes back to the payee, who tacks on his return check fee, then resubmits the check to have it cycled by the bank another three times. Of course, when the check doesn’t clear, the payee turns to an attorney, who can tack on hundreds of dollars for attorney fees. That check for a pizza or a few snacks has accrued enough fees to pay for a month’s groceries.

This article may seem mundane to a lot of readers and I hope it does. That probably means that you do not have a problem, and managing a checkbook comes as second nature. CFNCOs all the time see people for whom checkbook management is not second nature nor a priority. Such a simple act as not managing a checkbook can have serious repercussions. Soldiers can lose their security clearance. Knowingly writing a check for more than \$500 is a felony. Court costs can run in the hundreds of dollars. The Uniform Code of Military Justice can be applied and even a chapter discharge from service can result.

Lastly, we as NCOs cannot assume that all of our soldiers know how to manage a checkbook. Sure, some write checks knowing the funds aren’t there,

but I have seen many soldiers who have no clue how to manage a checkbook. Send them to the CFNCO so he can get them help.

Just as in the motor pool, we need to ensure the soldier has the tools and knowledge to take care of that vehicle; the same applies to that soldier’s financial security. Its part of taking care of soldiers.

Preventive Maintenance, Checks, and Services, heavy on the preventive, is the key. In check writing and maintenance — “BDA” means before, during and after; not battle damage assessment.

The Fort Carson Financial Readiness Program conducted a Command Financial Noncommissioned Officer Certification Course from Feb. 26 to March 2 to certify NCOs in counseling soldiers on their finances. The CFNCO attends a 40-hour class and continues with another 40 hours of hands-on training to become certified in assisting soldiers and family members with all aspects of personal finance. This has been an effective program on post since 1994 and is a valuable asset to battalion and squadron commanders by helping them ensure their unit is financially ready for deployment. The newest CFNCOs for Fort Carson are Staff Sgt. Robert Twiggs, 68th Corps Support Battalion; Sgt. Shawntel Lotson, 64th Forward Support Battalion; Staff Sgt. Milton Taylor, 4th Squadron 3rd Armored Cavalry Regiment; Sgt. 1st Class David Johnston, 1st Squadron 3rd ACR; Sgt. 1st Class Jacqueline Phillips, Support Sqd ACR. Sgt. 1st Class Ronald Cook, 1st Battalion 12th Infantry; Staff Sgt. James Johnson, 3rd Battalion 29th Field Artillery; Sgt. 1st Class Audie Murray, 2nd Sqd. 3rd ACR; Sgt. 1st Class Jeff Girdler, 1-68 AR; Staff Sgt. William Jolley, 10th Combat Support Hospital and Sgt. 1st Class Anthony Mattek, Medical Department Activity.

The instructors for the training are Sgt. 1st Class Sandra Bryant, 10th Combat Support Hospital; Staff Sgt. Warren Wells, 4th Engineers and Sgt. 1st Class Ricky Yates, CFNCO training coordinator.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161)
10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Mon., Tue., Wed. and Fri.		Thur.
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch	11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.

Week of March 24 to 30

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) meal hours are the same Monday through Friday. No dinner meal on Fridays.
- The CAV House Dining Facility will be closed for repairs until further notice.

Weekend Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR Patton House (building 2161)
3rd BCT Iron Bde. (building 2061)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine
at Fort Carson dining facilities.

Sports & Leisure

Abrón wins national boxing title

by Walt Johnson

Mountaineer staff

Deandre Abrón used his outstanding boxing skills to capture the 2001 Everlast U.S. light heavyweight championship Saturday at the Colorado Springs City Auditorium.

Abrón's victory makes it two years in a row an Army boxer has won the prestigious honor. Last year former teammate and Olympian Olanda Anderson was the U.S. champion.

Abrón defeated the Air Force's Joseph Pastorello for the second time in the past five weeks to earn his title. Abrón also defeated Pastorello for the armed services title last month in Arizona.

Abrón's game plan was to attack Pastorello from the outside and not get into a brawling match. Abrón established control early in the bout, getting off to an 8-1 lead after two rounds, and then outscored Pastorello 8-5 over the next two rounds to secure his 16-6 victory.

The next step for Abrón and the other winners Saturday night will be to defend their titles at the U.S. Challenge, April 5-7, in Lake Placid, N.Y.

The stakes will be high for the new champions as a victory will earn them a place on the U.S. team at the World Championships and Goodwill Games later this year.

After he won the title, Abrón told U.S.A. boxing that he can't get excited yet because he has some unfinished business in the coming weeks.

"Winning a national championship is great but I can't celebrate too much knowing I've got the U.S. Challenge," Abrón said. "If I get through that and solidify my number one ranking and get that chance to represent the U.S. at the World Championships then I can look back on it and celebrate."

Abrón was one of three World Class Athlete boxers who went deep into the tournament. John Medina was in total control of his semi-final bout against Jerry Pavich. After winning the bout he was scheduled to fight his arch rival Roberto Benitez for the 112-pound title but Medina had to withdraw from his bout for health reasons.

Julius "Knocking Out all Bums" Fogle got as far as the semi-finals, where he lost a tough decision to an extremely slick boxer, Andre Ward, from California.

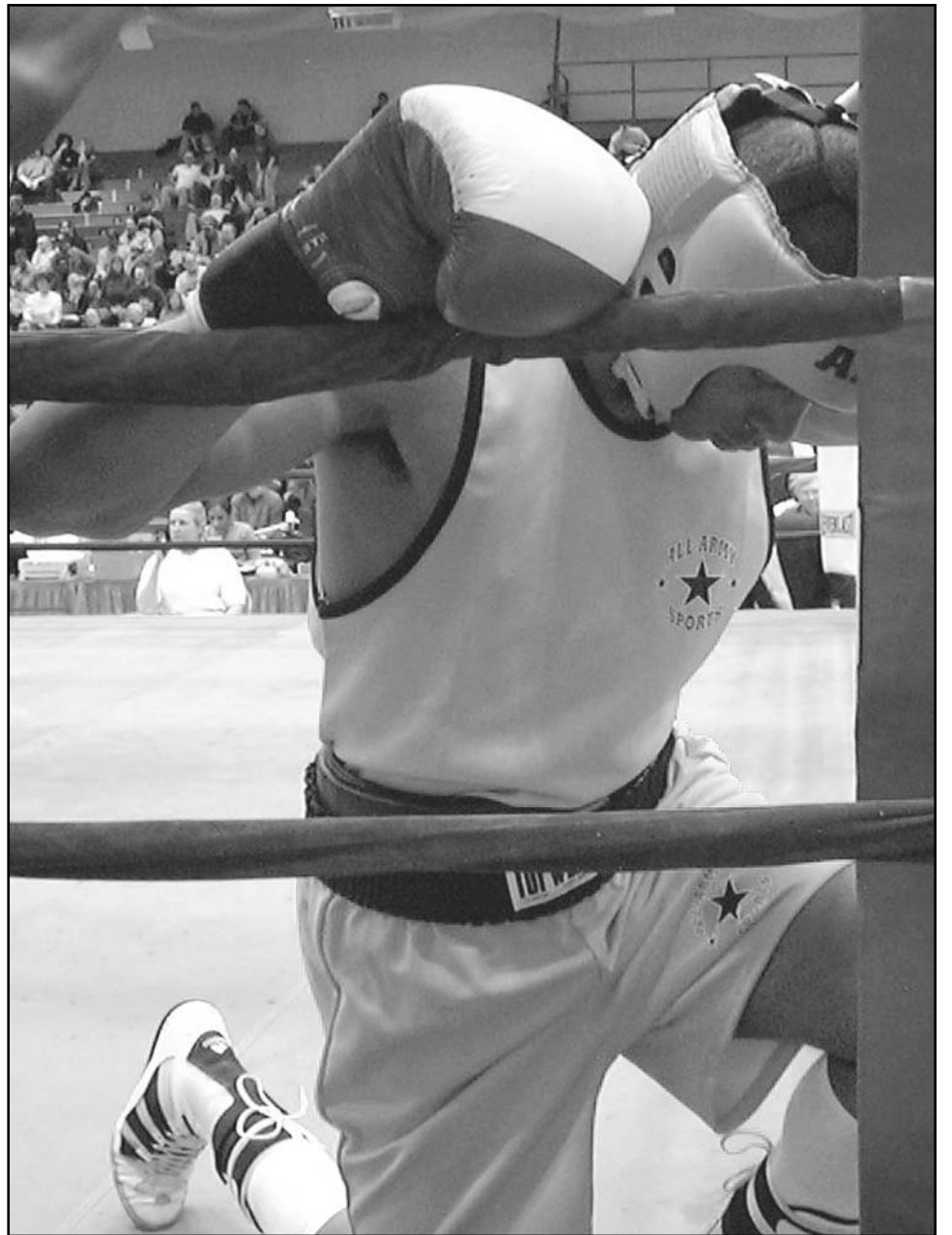
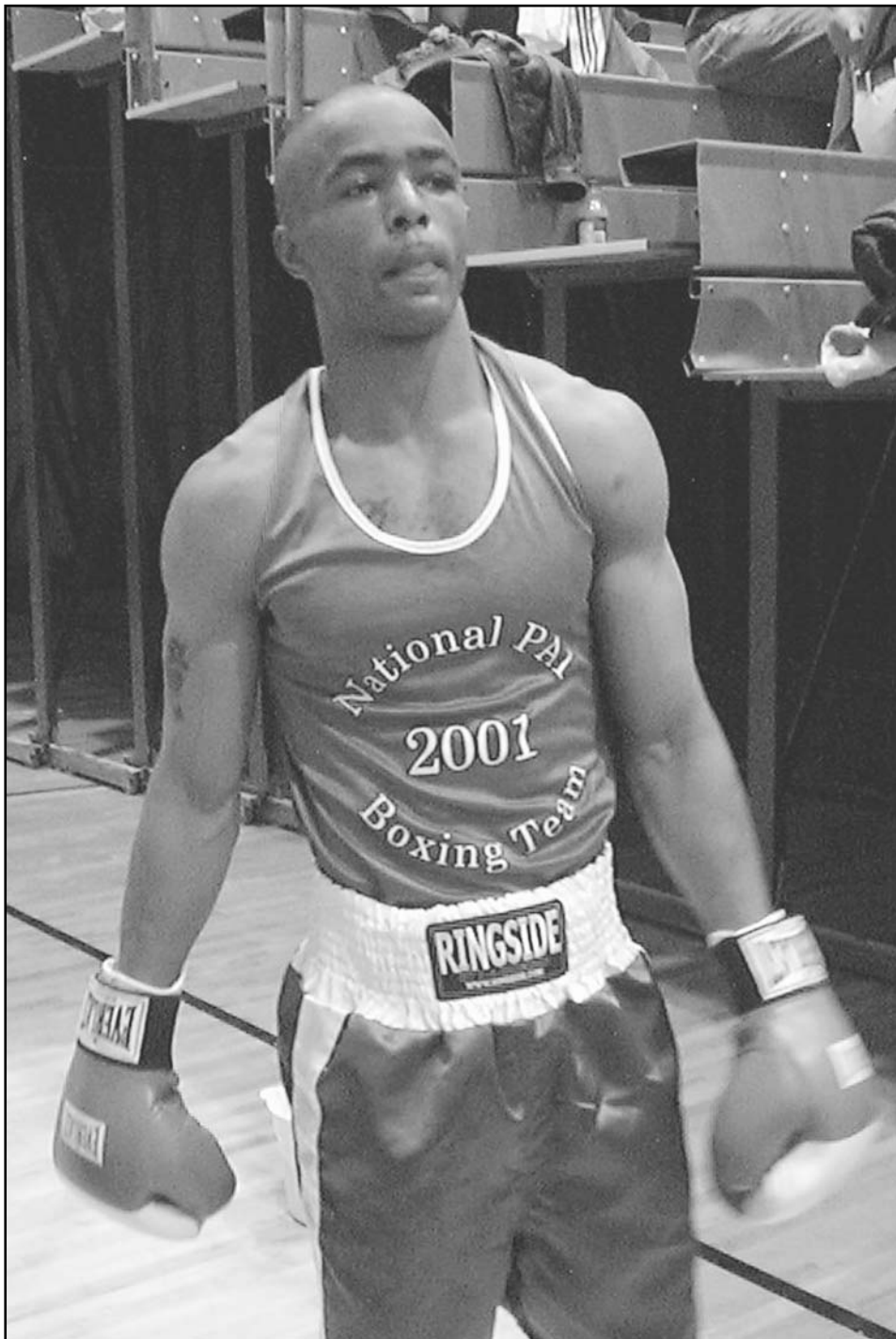
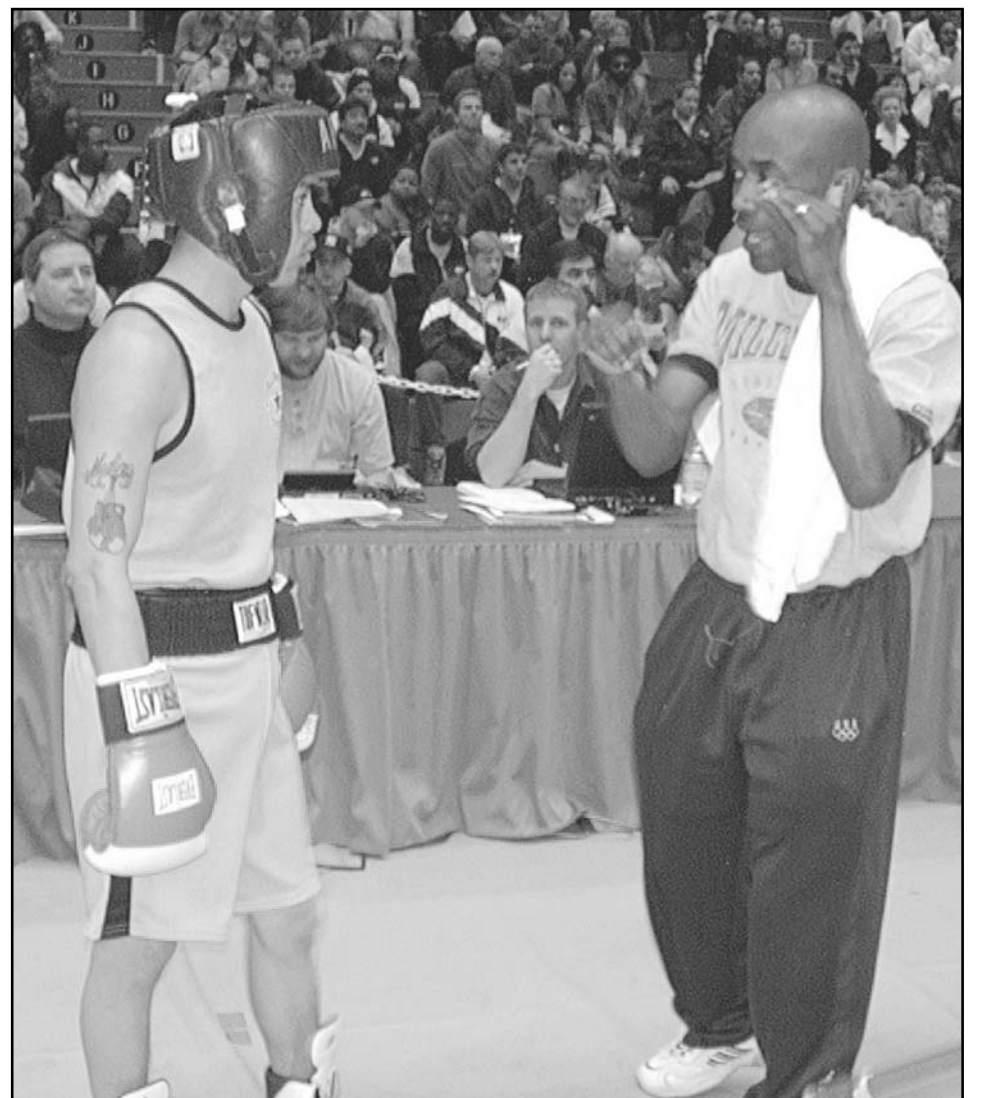


Photo by Walt Johnson

Everlast U.S. light heavyweight champion Deandre Abrón prays in his corner before his Friday night bout.



Julius "K.O.B." Fogle waits his turn to enter the ring at the 2001 U.S. Nationals Friday night at the Olympic Training Center.



John Medina, left, gets advice from World Class Boxing Program head coach Basheer Abdullah before his Friday night match.

On the Bench

Gold Kings honor military Wednesday night

by Walt Johnson
Mountaineer staff

The Post Intramural Basketball Playoffs are currently underway at Mckibben Fitness Center and will run through Thursday.



Johnson

On a personal note today is my favorite girl's birthday so if I may take a bit of space in this column to say "happy birthday" I hope you understand.

Also the Colorado Gold Kings will have a military appreciation night Wednesday at the World Arena at 7 p.m. All upper bowl tickets will be \$5 with a military identification card. For more information call the Gold Kings at 579-9000.

Lakeisha Johnson went to the southwest regional of the Boys and Girls Clubs of America pentathlon in Dallas, Texas, March 9, and came home with a gold medal.

Johnson now will compete in the organization's fitness authority national pentathlon event in April in Florida.

Johnson, who only entered the contest after some prodding from her friends, used her athletic skills to win a championship that she didn't think she would compete in as early as one week before the event.

"My friends encouraged me to get involved with the competition. In school (Fountain-Fort Carson) I am on the track team and I triple jump, long jump and run the 100-meter and 200-meter dash. I entered this competition because it had events I like, such as

See Bench, Page 24



Photo by Walt Johnson
Lakeisha Johnson, right, shows her gold medal to her sister Shanice and her mother Norma at the post youth center Saturday.

Bench

From Page 24

jump roping, a half mile run and the 100-yard dash,” Johnson said.

Johnson said her work with the high school track, her coach Lika Ugapo and her family’s confidence in her gave her the strength to know she could compete and do well at the competition. That also allowed her to separate herself from her competitors who didn’t have as much training and direction as she did .

“My mom and my sister were more excited for me because I had my moment in Dallas,” Johnson said.

Johnson said when she goes to the nationals in Florida March 31, she will have two goals in mind.

“I want to win and that is important but I also want to have fun. I think that is important, too.”

The nonprofit group KID-POWER/TEENPOWER will be holding classes at the post youth center to teach youth how to use their own power to keep themselves safe from abduction, assault, emotional, physical and sexual abuse.

According to Kathie Rawson, youth center fitness coordinator, “Educators, mental health professionals, and law enforcement experts recommend KIDPOW-

ER/TEENPOWER because it is a safe, age appropriate and positive training format.

The program will help kids learn how to deal with bullies, how to get help from busy adults and how to keep a safe distance from strangers, among other things.

The program will begin with two classes, May 7 and 14 from 6 to 8 p.m. The classes are being held for youths 10-to-12 years old and it is encouraged for at least one parent to join the children for the class. The cost for the program is \$20 per family. For more information, contact Rawson at 526-2680.

The youth center is accepting sign ups for the upcoming soccer and summer baseball season .

People interested in registering a child for the soccer program have until March 25 to sign up at the youth services center. All District 2, 3 and 8 students are eligible to compete in the program. Also, the youth center is looking for volunteer coaches.

Anyone interested in coaching a youth team must submit to a background check. The youth services program trains coaches using the National Youth Sports Coaches Association coaches certification training program. For more information, contact Mark Swaim at 526-1233.



Photo by Walt Johnson

Youth season comes to an end ...

Another successful youth basketball season wrapped up Saturday at the post youth center. Raptors coaches Tangela Dumas and Eric Pittman gather their team for a halftime talk during their game Saturday.

State championship hopes fall short

by Walt Johnson
Mountaineer staff

Four members of the Mountain Post family had a dream in October and they came within one game of fulfilling it.

The dream was to win a state basketball championship in the Colorado Class 4A tournament. The dream didn't materialize, but boy, did they have fun on the road to a second place finish.

The four ladies were members of the Widefield High School Gladiators varsity women's basketball team that went through the regular season losing just one game, to Class 5A Doherty High School, and was a perfect 3-0 going into the championship game.

The team ran into a very talented Mullin High School team which focused its attention on stopping Widefield's Coleman and that was the key to beating the Gladiators.

One member of the team — **Neytana Jameson**, talked about the experience of the season and what it meant to the Lady Gladiators.

"We weren't able to apply the type of defensive pressure that we can when Shana is healthy. It also took a lot away from our offense because she usually can drive to the basket aggressively and draw fouls," Jameson said.

The loss in the state finals was a bitter pill to swallow for a team that thought they had what it takes to be a state champion when they got together in December, after the team's only regular season loss to Doherty.

"Our coaches felt all along that we had the type of team that could win the state championship. Our team goal was to win our league championship, then win the regional championship and then the state championship," Jameson said.

"We started feeling good about our chances to win the state champ after we got over the Doherty game and began to realize just how good a team we were," Jameson said.

Their confidence was well justified as they breezed through the rest of the



Photos by Walt Johnson

Fort Carson family members Shana Coleman, left, and Natasha Jameson warm up prior to the teams quarterfinal playoff game at Widefield High School March 7.

regular season and survived a scare in the quarterfinals when they rallied to beat Canon City. While the loss in the championship game was painful, Jameson said the team did get something wonderful from the season.

"We were disappointed because we got so far and didn't finish it. We felt we could have won the game. We were happy about the season because this is the best season a Widefield women's team has ever had. Even though we didn't win the game we still feel it was an honor to play for the championship at the Pepsi Center and we realized what a wonderful season we had. I would rather have gone through the season we had than not have experienced it," Jameson said.

Mountaineer Sports Spotlight



Photo by Walt Johnson

The Swoosh Club ...

Stephanie Meyers, left, youth center assistant athletic coordinator, talks with Derek, second from left, Devin and Bridgett Dvorshak about the upcoming Nike Swoosh Club program at the youth center Saturday. The program's focus is on "teen leadership groups that promote physical fitness, interest in sports and the potential for athletic-related careers" according to Nike. Meyers said the program is also designed to find people who want to improve themselves athletically.

For more information on the program, contact Meyers or Jeannie McCormick at 526-1233.



Photo courtesy Butterfly Pavilion

A visitor checks out a Paper Kite butterfly resting on a flowering bush in the tropical forest in the Butterfly Pavilion.

Butterflies brighten winter days

by Nel Lampe
Mountaineer
staff

It can be inspirational during dreary, gray winter days to catch a glimpse of a colorful butterfly fluttering about — a promise of spring.

The Butterfly Pavilion and Insect Center in the Denver area is a great place to banish winter doldrums, as hundreds of butterflies fill the 7,000 square feet of tropical forest. The temperature is always 80 degrees in the Butterfly Pavilion, and about 70-percent humidity.

When arriving at the Butterfly Pavilion and Insect Center, the first stop for visitors, after paying admission, is the Insect Center. Invertebrates, commonly called insects, are housed there in natural habitats. Visitors get a chance to see varieties of insects up close, and are given a chance to touch

or hold some of the insects, such as tarantulas or roaches in the section called “Critter Cabana.”

Displays of centipedes, crabs, snails and sand dollars are housed in the section called “Crawl-a-see-’em,” named using a play on words.

Employees are on hand to talk about the critters with visitors.

Next stop is the Butterfly Pavilion. Colorful butterflies flutter about, landing on anything in their path — a nearby tree, rock, someone’s arm or the back of a child’s head.

Children are usually delighted when chosen by a butterfly — but

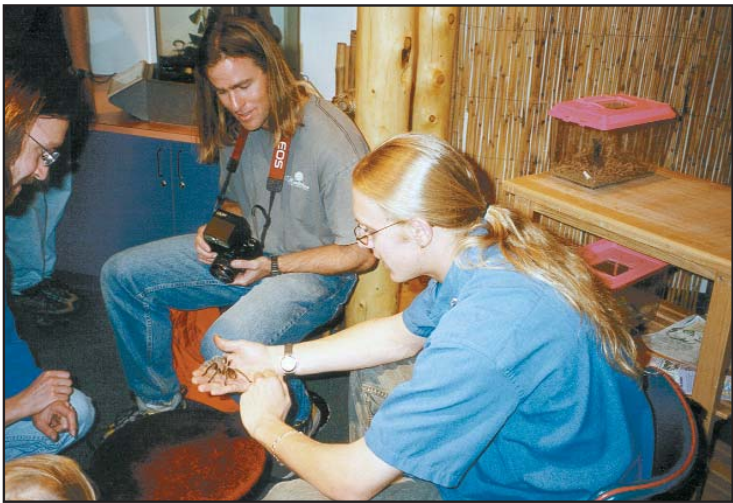


Photo by Nel Lampe

An employee of the Insect Center shows a tarantula to visitors.

pavilion employees ask visitors not to touch or try to catch the butterflies. The human touch leaves oils on the butterflies’ wings, which is harmful.

The variety of butterflies in the screened pavilion numbers 50 species and 1,200 butterflies.

The tropical atmosphere encourages the butterflies to fly, eat and thrive. The atmosphere is similar to a summer day in Hawaii.

Tropical and sub-tropical plants provide blooms and nectar year around. A winding stream flows into a pond and includes fish and water plants.

Visitors may purchase a “butterfly guide sheet” for 50 cents at the entrance desk. It is a sheet, printed on two sides, with colorful images of the butterflies most common in the Butterfly Pavilion, such as the blue Common Morpho and the Tawny Owl Butterfly, both native to South America. The Asian Paper Kite butterfly looks as though it is made of rice paper. North America’s Monarch butterfly is also in the pavilion, as are Blue Pansy and Grey Pansy butterflies



Photo by Nel Lampe

Just emerged butterflies get ready to fly away at the Butterfly Pavilion.



A pull-out section for the Fort Carson community
March 23, 2001

See Butterflies, Page B-2

Butterflies

From Page B-1

and the Malaysian purple and orange Dead Leaf butterfly, which resembles a brown leaf when its wings are closed. There are dozens of species in the pavilion from countries around the world.

Children might enjoy a sort of “scavenger hunt” trying to glimpse as many of the pictured butterflies as possible.

Butterflies are short lived, usually nine to-13 weeks, depending on the species.

The butterfly cycle begins with eggs, which become caterpillars. Four to eight weeks later the caterpillars transform into a chrysalis or pupa. Once the caterpillar becomes a pupa, butterfly farms around the world ship pupa to the Butterfly Pavilion, where the pupa eventually emerge as butterflies.

Just emerged butterflies are released in the pavilion forest every day at 12:30 p.m. and if enough butterflies are available, there’s a second release at 3:30 p.m.

A pavilion employee brings in a wire basket



Photo by Nel Lampe

A screen basket contains dozens of just-emerged butterflies.



Photo courtesy Butterfly Pavilion

A visitor closely monitors a butterfly sitting on his shirt.



Photo courtesy Butterfly Pavilion

A butterfly rests for a moment on a bloom in the tropical forest.

or two, filled with colorful butterflies perched on the basket walls. The employee opens the basket and allows and encourages the new butterflies to escape.

Visitors can ask questions of pavilion employees, watch the butterflies, walk along paths in the forest, sit on benches, take pictures, and count butterflies as long as desired.

When ready to leave the tropical, humid, screened and glass covered butterfly pavilion, exit to the gift shop. But first, check to make sure no butterflies are escaping with you.

The gift shop is a treasure trove of butterfly-decorated objects, such as backpacks, jewelry, games, scarves and T-shirts, stickers, pencils, stencils and cards. There are books about insects and butterflies as well as butterfly nets.

There’s even a brochure about selecting the right plants to attract butterflies to your own yard when they begin showing up in the Colorado Springs area in late March or early April. Butterflies are abundant in Colorado throughout the spring and summer.

Adjacent to the gift shop is the Butterfly Deli, which features snacks, pastries and cold soft drinks. There are a few tables and chairs by the deli and on the patio when weather permits.

The Butterfly Pavilion and Insect Center is a good place to spend a cold or rainy day, but good weather also allows visitors to take a walk along the nature trails which traverse the butterfly gardens and fields of wildflowers, which bloom during spring and summer.

The Butterfly Pavilion was started by the Rocky Mountain Butterfly Consortium and completed about five years ago. The consortium wanted to encourage people to learn about butterflies and insects and to appreciate them.

Plans are underway to build a new facility nearby, which will be a 70-by-80-foot glass pyramid, and will house the tropical forest. The new facility will provide more classroom space as well as display space and allow expansion of the forest.

The Butterfly Pavilion and Insect Center is not connected with a zoo or museum as are other butterfly houses around the nation. The pavilion is funded by private and corporate donations, the City of Westminster, banks, admission and membership fees and gift shop sales.

The Butterfly Pavilion and Insect Center is open year around, except for the Thanksgiving and Christmas holidays.

Hours are 9 a.m. until 5 p.m.

The entrance fee is \$6.95 for adults and \$3.95 for children ages 4 to 12. Children under age 3 are admitted free.



Photo by Nel Lampe

A tongue-in-cheek sign warns visitors about the butterflies.

To reach the Butterfly Pavilion and Insect Center, take Interstate 25 north to Denver. Continue on I-25 past downtown, crossing I-70, then watching for U.S. Highway 36, also known as the Boulder Turnpike. Take U.S. 36 west to the Church Ranch Boulevard Exit/104th Avenue in Westminster. The Butterfly Pavilion and Insect Center is at 6252 W. 104th Ave., in the Denver suburb of Westminster. The center is marked with a sign on a large, flat upended rock.

The Butterfly Pavilion and Insect Center is near the Westin Promenade Shopping Center, which has a 24-theater complex, restaurants, stores and entertainment establishments.

Just the Facts

- **Travel time** 90 minutes
- **For ages** all
- **Type** Butterfly, insect center
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$ (entry)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80(Based on a family of four)

Community Events

Family Readiness Center

The Family Member Employment Assistance Program conducts workshops on aspects of employment, such as resume writing and interview techniques. For registration and information, call 526-0452.

The Financial Readiness Debt Management Program is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For information, call 526-0449.

The Financial Readiness Program presents a class on Check Book Management April 3 to 9 at 11:30 a.m. This class teaches check writing and check-book balancing skills. Contact Patricia Randle at 526-4590.

Army Family Team Building is a readiness program that provides dependents and soldiers with an understanding of the Army. It combines the skills and resources needed to become more self-reliant and have a better sense of belonging to the Army family. Some of the topics covered are benefits, entitlements, military terms, customs and courtesies, childcare and education. For questions regarding the AFTB classes taught in Spanish or English, call 526-0461.

The Fort Carson Equal Employment Opportunity Office presents its next class in the **Consideration of Others Program for civilian employees in March**. The Adventure of Motivation training will be offered. Classes are from 8:30 to 11 a.m. Thursday in the Pine Room at the Family Readiness Center. If the dates and times of this training are not convenient, the EEO Specialist will come to your site. Because seating is limited, priority will go to Fort Carson civilian AF/NAF employees. For further information, contact your training coordinator, or call EEO at 526-4413.

The Financial Readiness Program presents a **Financial Planning for First Term Soldiers** class 9 a.m. to 5 p.m. March 30 at McMahon Theater. This class provides financial readiness education. For information contact Patricia Randle at 526-4590.

Miscellaneous

The Obstetrics and Gynecology Careline from Evans Army Community Hospital will be hosting a one-day women's healthcare seminar entitled "Medical Concepts for the New Millennium: Obstetrics, Gynecology and Pediatrics." The seminar will provide the latest medical information and research on important topics such as diabetes in pregnancy, pathophysiology of labor, menopause and more, all from military and civilian healthcare experts. The Elkhorn Conference Center will host the seminar April 6 from 7:30 a.m. to 4:30 p.m. Registration and a \$15 fee is required. The registration fee covers the cost for lunch and refreshments throughout the day. For information contact: Capt. Gilliam Mosier at 526-7221, Capt. Jeffery Herden at 526-7245 or Chris Renken at 526-7649. March 23 is the last day to register.

Care and Share Food Bank, located in Colorado Springs, needs volunteers to help in many capacities. Care and Share collects and distributes food to 300 member agencies, which give it to the hungry people of southern Colorado. Last year more than 4 million pounds of food were distributed by Care and Share. For information call the Care and Share volunteer coordinator, Jordan Israel at 528-1247, Monday through Friday, 8:30 a.m. to 5 p.m.

The American Red Cross Orientations are Tuesday, April 3, 10 and 24 in room 2513, Cochran Hall, 2nd floor, Evans Army Community Hospital. For information, call 526-7144.

The American Red Cross Water Safety Instructor Course — Class 1 from 8:30 a.m. to 4 p.m. Monday through Friday. For information, call 526-3107 (indoor pool).

The American Red Cross Water Safety Instructor Course — Class 2 from 7:30 to 9:30 p.m. Mondays and Wednesdays, 7 to 11 a.m. Saturdays and Sundays April 11 to April 28. For information, call 526-3107 (indoor pool).

The Southern Colorado Chapter of the American Council of the Blind of Colorado will host the annual state convention in Colorado Springs April 6 to 8. The convention will be held at

the Holiday Inn at Garden of the Gods, 505 Popes Bluff Trail. The workshops will provide valuable resources for families and friends of someone who is blind or visually impaired and needs assistance. Persons interested in attending the convention, or for information contact Rebecca Shields at 634-1851.

The Fort Carson Officers' Wives' Charitable Association is taking welfare requests at this time. All requests must be in writing and postmarked by Monday. Give a brief description of how the money will be used and the amount requested. All requests should be mailed to P.O. Box 12886, Fort Carson, CO 80913. For information, call Karen Harper at 538-0160 or Charolotte Mills at 527-0910.

Share Colorado of Fort Carson will have sign up and registration on April 2, 3 and 4 from 11:30 to 1 p.m. at the Family Readiness Center. For just two hours of volunteer time and \$16 you can get a great food package, usually worth between \$25 to \$35. Come and sign up and we will give you all the information about the program. This is not a welfare program but a program to promote volunteerism in our community. Any questions, call ACS at 526-4590.

Volunteers are needed for unloading products for Household Chemical Waste Collection Program, Penrose Stadium and Equestrian Center, 1045 West Rio Grande Street. April 27, 1 to 4 p.m. and April 28, 8:30 a.m. to 4:30 p.m. Lunch is provided Friday at noon, breakfast, lunch, snacks and volunteer gifts provided Saturday. Contact John Fisher or Kathy Claes at 575-8450.

The Fort Carson Ladies' Golf Association will host its season opening coffee April 3 at 9 a.m. upstairs in the room over the Pro Shop at the Fort Carson club house on Titus Boulevard. For information call Nancy O'leary at 264-8774 or Ellen Price at 473-4181.

Fort Carson invites the public to learn about environmental restoration projects on post at a quarterly Restoration Advisory Board meetings. RAB meetings offer informative presentations on a variety of ongoing cleanup projects. The next meeting is April 12, 6:30 p.m., at Colorado Springs Police Department, Gold Hills Division, 705 S. Nevada. For information or to join, contact Jim Henderson at 526-8001.

If you have questions about the treatment of arthritis, fibromyalgia, lupus or one of the other forms of rheumatic conditions, the Arthritis Foundation is hosting a free telephone call-in program titled "Doc-On-Call". Tuesday. Rheumatologists Jeff Perkins, M.D. and Judy Heller, M.D. will be addressing callers' questions. Those with questions can call (outside metro Denver area) (800) 475-6447 from 7 to 8:30 p.m. to talk directly to a physician. Questions from health professionals, patients or family members are welcome and all calls are confidential. For information contact the Arthritis Foundation at (303) 756-8622 or (800) 475-6447.

Thinking about going to school? Evans Army Community Hospital will host an Education Fair Wednesday from 9 a.m. to 3 p.m. in the lobby of the hospital. Schools from the surrounding areas will be here to talk about educational opportunities. Schools include the University of Colorado, Intellitech, University of Southern Colorado, Troy State, University of Phoenix, Blair College, the Troops to Teachers Program and more. Stop by a booth and see what education possibilities are out there for you.

The Enlisted Spouses Charitable Organization will only have quarterly meetings. Meetings will be conducted in April, August and December. Do you play Bingo? If you would like to try, there will be a Bingo party April 18 at 7 p.m. at the Friendship House. Please bring a wrapped gift from home. No money necessary. Any questions, contact Jane Phipps at 393-0065.

A Micronesia meeting will be held at the Grant Library, Thursday at 7 p.m. For information call Helen Bragg at 526-2462.

Recall: Burger King Corporation and the Alcone Marketing Group, in cooperation with the U.S. Consumer Product Safety Commission, are voluntarily recalling Rattling, Paddling, Riverboat toddler toys. The recall affects those Burger King restaurants owned and operated by the Army and Air Force Exchange Service. The toy is a plastic boat with a paddle wheel. The recall was initiated over a concern that metal pins with plastic caps that attach the paddle wheel can come out and pose a choking hazard. The U.S. Product Safety Commission has stated there have been no reported injuries connected to this toy. AAFES Burger King customers are being instructed to (not) return the Rattling, Paddling, Riverboat Toddler Toy to Burger King restaurants. Instead, a consumer hotline has been set up to receive calls and to provide instructions on how to return the toy and receive a replacement toy. The contact number is (800) 661-9173.

The Corporate Closet has recently obtained new

operating space at the Citadel Mall and is looking for volunteers to help with the relocation on Monday and Wednesday from approximately 7:30 a.m. to 10:30 a.m. each day. The time required will depend on the number of volunteers. Two truckloads of furniture and other donated goods will be unloaded to a space just inside the east mall entrance. Anyone interested in helping can contact Robin Whitten at 576-1702 no later than Sunday.

Directorate of Public Works announces that a water tank is being erected on the hill northwest of Titus and Harr. Construction will be continuing through August. Due to this area being a construction site, please do not enter on foot or vehicle unless official government business is being conducted. For information contact Kandy McBrite at 526-9239.

Annual leave donors are needed for Dawn Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-8399.

Annual leave donors are needed for Judith L. Dutt, an employee of the Fort Carson Public Affairs Office. The leave is needed to cover her absence due to the exhaustion of her available paid leave following surgery. For more information, call 526-7246.

Annual leave donors are needed for Linda S. Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Stacey L. Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for George Bobo, an employee of Department of Environmental Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-1684.

Annual leave donors are needed for Dolores Jean Ontiveros, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call Ruben Espinoza at 526-7246.

The installation's annual volunteer recognition picnic and awards ceremony will be Saturday, June 2 from noon to 3 p.m. at Iron Horse Park. Agencies need to submit nomination packets for volunteers who meet the criteria. Nomination packets must be submitted by March 30 to the Installation Volunteer Coordinator, 1500 Wetzel, building 1526. This is to ensure that awards can be processed through the Mountain Post, FORSCOM, and Department of Army in time for presentation at the June event. All volunteer hours for the year 2000 should have been submitted to the IVC yesterday. Please contact the IVC, Gwendolyn Ragle at 526-8303 for assistance.

Youth

Grant Library Storytime — let's take a trip. Come join us this year for trips to many places. Wednesday to the open field. It all happens at Grant Library on Wednesdays, enjoy stories, crafts and visitors. For preschoolers ages 3 to 6 from 10:30 to 11 a.m. For details call 526-8140.

The Colorado Springs Young Marines are accepting new recruits. Boot camp starts March 31. Do you want to do more than participate in youth groups? Learn military customs and courtesies, military drills and ceremonies, military history (especially the Marine Corps history) earn rank from basic recruit to sergeant major and more importantly of all, work as a team. The Young Marines are an equal opportunity organization where both young girls and boys have the same opportunities to advance. Anyone between the ages of 8 to 17 may accept this challenge. For more information, call Susan B. Armstrong at 226-2479 or e-mail SbaMarine@aol.com. There will be a parents' meeting on March 17 and 24 at building 5510, Beacon Elementary School, on post.

Kidpower and Teenpower are coming to Fort Carson Youth Services in May and June. Kidpower/Teenpower is a nonprofit organization that teaches young people how to keep themselves safe from abduction, assault, emotional, physical and sexual abuse. Educators, mental health professionals and law enforcement experts recommend Kidpower/Teenpower. It is a safe, age appropriate, positive and affordable organization. For information call Kathie Rawson at Youth Services 526-2680.

Military Briefs

CG's Newcomers Briefing will be April 13 at the McMahon Theater. It is mandatory for all newly assigned officers and soldiers to attend. Family members are welcome. Free child care is available by calling 524-0151.

Army Emergency Relief Campaign is until May 5. For more information, contact your Unit AER Representative or Becky Rudder at 524-1388.

Transitioning from the Army? Get a meaningful career the next day. Earn while you learn; nationwide positions available. The National Apprenticeship Program, U.S. Department of Labor, is facilitated by State Director Lou Nagel. Informational workshop is Thursday, 12:45 to 2 p.m. in building 1219, ACAP classroom. It is sponsored by Army Career and Alumni Program, 526-1002 or 626-0640. Sign up today at ACAP, building 1118, room 133; there is limited enrollment.

Green to Gold Briefing. Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 124 of the Education Center. If eligible, you may get a bachelor's degree and become a second lieutenant. If you have any questions contact Capt. Cindi Basenspieler at 262-3236. No appointment is necessary to attend the briefings.

The Army and Air Force Exchange Service, in conjunction with the Navy Exchange System, has announced that the DPP card has been replaced by the Military Star Card. More information is available at the Web site www.aafes.com.

Due to mandatory budget cuts, the DPW is reducing custodial service to buildings it is responsible for. Services provided will include restrooms and common areas (i.e., hallways, stairwells, break areas, waiting rooms, and entranceways) only, which will be cleaned once a week. Service to reimbursable clients will not be affected. For more information call Fred Buckner, chief, CQA Branch, at 526-9241.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as a private first class, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

Directorate of Public Works announces the following road closings due to pavement projects. Son Tay Road will be closed through March 30. Nelson, from Magrath to building 8142 will be closed until March 30. Minnic will be closed until March 30 due to construction at Nelson.

The following road will be affected by construction but not closed: Fort (Harr to Mountainside School) until April 13. For more information call Danny Moyer at 526-5115 or 526-9222.

Central Issue Facility hours of operation — Regular business hours: Monday through Friday 7:30 to 10:30 a.m., Monday, Tuesday, Wednesday and Friday 11:30 a.m. to 3 p.m., closed Thursdays at 11 a.m. In Processing/Initial Issue/Partial Issue: Monday to Friday 7:30 to 10:30 a.m. Cash Sales/Statement of Charges: Monday, Tuesday, Wednesday and Friday 11:30 a.m. to 3 p.m. Direct Exchange: Monday through Friday 7:30 to 10:30 a.m. Monday, Tuesday, Wednesday and Friday 1 to 3 p.m. Partial Turn Ins (walk in) Monday, Tuesday, Wednesday and Friday 11:30 a.m. to 3 p.m. Full Turn-Ins by appointment:

Better Opportunities for Single Soldiers

BOSS meetings are on the second and fourth Thursday of each month from 1 to 3 p.m. at Christopher's. For information on how you can become active in the BOSS program, participate in events or if you have ideas, concerns or questions, contact Sgt. Amy Hafford at 524-BOSS (2677).

Legal Notice

With deepest regrets to the family of Master Sgt. Brian Look, C Company, 3rd Battalion, 10th Special Forces Group (Airborne), deceased. Anyone having claims against, or indebtedness to the Look estate should contact Capt. Joshua J. Potter, C Company, 3rd Battalion, 10th Special Forces Group (Airborne) at 524-1569.

Legal Notice

With deepest regrets to the family of Staff Sgt. Richard N. Boudreau, 764th Explosive Ordnance Detachment, deceased. Anyone having claims against or indebtedness to the Boudreau estate should contact 2nd Lt. Eric Carlson, 59th Military Police Company, 759th Military Police Battalion at 526-4773.

524-2006 or 524-2007.

Attention Korean War Veterans. If you would like to receive the Korean War Service Medal, and you served in the military between June 25, 1950, and July 27, 1953, you may receive this medal at a formal ceremony sponsored by the Dutch Nelson Chapter of the Korean War Veterans Association, and the Korean/American Society of Colorado Springs. For more information, call the Dutch Nelson Chapter's point of contact, Scott L. Defabough at 444-0399.

The Used Car Sales Lot is in the Mini Mall parking lot. Parking is restricted to motorcycles, cars and pickup trucks with approved Fort Carson permits. Permits are issued at a cost of \$10 for a 30-day period. For more information call 524-1146.

The Army Career and Alumni Program Center now has set times for clearing. Monday through Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m., Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday 7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions, call 526-1002 or 526-0640, or visit the Web site www.carson.army.mil/ACAP/acap.html.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

Reminder to all outprocessing soldiers: All personnel are required to begin outprocessing the installation 10 days prior to the date on the orders, regardless of marital status or unit obligations. The Fort Carson Outprocessing Center is located on the second floor of the Welcome Center, building 1218. For more information, call 526-4454.

ETS/Transition — Soldiers transitioning should keep in mind that ETS/Transition brief is mandatory for personnel transitioning. Soldiers will pick up their orders and make their finance pre-separation appointment at the meeting. Soldiers will not receive ETS orders unless they attend the briefing. For more information call Staff Sgt. Gonda at 526-0475 or 526-8473 or Sgt. 1st Class Frank Heath, NCOIC, Transitions at 526-4298.

The Fort Carson Waiting Families Program is here for spouses of soldiers on unaccompanied hardship tours and extended deployments. Call Barbara McYoung at 526-4590 for more information.

New Modern Army Recordkeeping System Regulation. The new MARKS Regulation, AR 25-400-2, dated Oct. 1, 2000, with an effective date of Nov. 1, 2000, has been published on the Internet. The previous MARKS Regulation, dated Feb. 26, 1993, is obsolete. Hard copies of the new regulation will not be issued. The new MARKS Regulation is set up into two sections. The first section contains reference to include policies and procedures. To access the first section, type the following address: <http://www.usapa.army.mil>. The

second section is Appendix B which contains the file categories, MARKS file numbers and disposition instructions. To access this section type in www.rmd.belvoir.army.mil.

The 4th Personnel Services Battalion will not open until 10:30 a.m. on Tuesday due to required training. In case of an emergency call 526-4966.

Tech Show Tuesday, 10 a.m. to 2 p.m., Elkhorn Conference Center. Free to all personnel, on site registration, free refreshments. Demos on the latest in technology and talk to representatives. For information call (888)282-2262, e-mail: info@atc-expo.com or Web site: www.atc-expo.com/shows.

The U.S. Army Field Band and its components schedule a spring tour. The concerts are free and open to military service members, family members and the public. Tickets for admission are required and are available from the civilian sponsor of the event. **United States Army Field Band schedule:** Tuesday in Grand Junction at Mesa State College, Brownson Arena; Wednesday in Montrose at Montrose Pavilion; Thursday at Canon City, Canon City High School, Tiger Dome; Friday at Fort Morgan, Fort Morgan High School, Glenn Miller Auditorium.

The Jazz Ambassadors of the United States Army Field Band schedule: April 25 at Lamar; April 26 at Rocky Ford; April 27 at Loveland; April 28 at Greeley (University of Northern Colorado Jazz Festival); April 29 at Denver; May 2 at Steamboat Springs.

Military Police Battalion Blood Drive is today 1:30 to 4 p.m. Look for the "Lifeline Express" bus parked in front of the MP office at the corner of O'Connell and Specker.

The next Armed Forces Disciplinary Control Board meeting is April 13 at 1 p.m. The meeting will be held at the Fort Carson Military Police Station, building, 2700, on Christie Street. All voting board members are requested to be present at the meeting. Notification by telephone will be made prior to the meeting to determine if there are any issues to be brought before the board and to serve as a reminder of date and time of the board. Point of contact is Sgt. 1st Class Troy Lennen at 526-0091.

Military Appreciation Night with the Gold Kings, Wednesday at 7 p.m. at the World Arena. Colorado Gold Kings vs. Fresno Falcons, all upper bowl tickets \$5 with a military I.D. For information contact John Spelman at 579-9000.

Local Officer Candidate School board is May 16 and 17. This board is required for all applicants. The board will be conducted at the Elkhorn Conference Center. All participants must report in Class A uniform May 16 and 17 to appear before the board. All packets must be turned in to the 4th Personnel Services Battalion, Personnel Action Section, Bldg. 1118, room 317, no later than May 8. For information contact Cpl. Nathaly Gaffke at 526-1906.

Notice - change in schedule:

TRICARE Senior Pharmacy program briefings. Attn: **Eligible seniors:** A TRICARE representative will be in your area to host briefings summarizing the new TRICARE Senior Pharmacy Program, which becomes effective April 1. These briefings will cover the same information that you received in your packet. If you fully understand the packet information, it is not necessary for you to attend. The briefings will not address TRICARE for Life. Fort Carson briefings will be at McMahon Theater, located near the commissary. Dates: Tuesday, 8:30 and 10:30 a.m., Wednesday, 8:30 and 10:30 a.m. Thursday, 8:30 and 10:30 a.m. For more information on program visit Web site: www.tricare.osd.mil/ndaa or call (877) 363-6337.

Editor's note: The deadline for submitting

"Briefs" to the Mountaineer is 5 p.m. Friday before publication date.

Sports & Leisure

The Armed Services YMCA offers step aerobic classes Tuesdays and Thursdays at the Meadows Park

Center from 9:30 to 10:30 a.m. The cost is \$8 for a two-month session. The Deerfield Center offers low impact aerobics Monday, Wednesday and Friday from 9:15 to 10:15 a.m. The cost is \$12 for a two-month session. For more information, call 393-9620, ext. 130.

Fort Carson Youth Sports needs volunteer coaches for several upcoming sports seasons. No experience is necessary, as all leagues are developmental. For more information, or to volunteer,

call 526-1233.

Forrest Fitness Center is now offering "Cycle Reebok" to all ID card holders. Classes are held six days a week, Mondays at 5 p.m., Tuesdays at 3:30 p.m., Wednesdays at 5:40 a.m. and 5 p.m., Thursdays at 3:30 p.m., Fridays at 4 p.m. and Saturdays at 9:30 a.m. Classes are 50 minutes long, and first-timers should arrive 15 minutes early. For more information, call 526-9120.

Get Out!

Theater

"Footloose" is March 30 and 31 at the Pikes Peak Center, 190 S. Cascade; call 520-SHOW for ticket information.

"Rosencrantz and Guildenstern are Dead," by the Star Bar Players, runs March 30 through April 8, at Lon Chaney Theater in the City Auditorium at 221 E. Kiowa. Shows are Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets start at \$10; call 573-7411.

Denver concerts

"David Clayton-Thomas" with **"Blood, Sweat & Tears"** are on stage May 12, at 7:30 p.m. at Magness Theater at the University of Denver. Tickets are available at TicketMaster, 520-9090.

Billy Joel and Elton John are in the Pepsi Center in Denver April 9, at 7:30 p.m. Call TicketMaster at 520-9090 for tickets.

U2's Elevation Tour 2001 is at the Pepsi Center in Denver, April 6. Call (303) 830-TIXS.

"AC/DC" is at the Pepsi Center in Denver April 11; call (303) 830-TIXS or log on to the Web site at www.pepsicenter.com.

"The Irish Tenors" are in Denver University's Magness Center June 13; tickets start at \$48 through TicketMaster, 520-9090.

The **"Black Crowes"** hook up with **"Oasis"** at Fiddler's Green Amphitheatre May 17. Tickets start at \$27 through TicketMaster, 520-9090.

Women's history at Bent's Fort

Bent's Old Fort near LaJunta presents a Saturday series of programs throughout March called **"Petticoats on the Prairie: The Women of Bent's Fort."** The presentations are at 2 p.m. each Saturday in March and last about 45 minutes. Fort employees will provide the stories of Susan Magoffin, Charlotte Green and Owl Woman. The fort is open from 9 a.m. to 4 p.m. daily. Admission is \$2 for anyone older than 5 years old.

Melodrama

Iron Springs Chateau has **"Danger Ranger Granger"** in the Melodrama Dinner Theater in Manitou Springs. Dinner and show tickets are \$22.50

for adults, with children's rates and group rates available; call for information 685-5104. Reservations needed; dinner at 6 p.m., with the show at 8 p.m. Tuesday through Saturdays.

Dinner theater

"The Last of the Red Hot Lovers" is at the Castaways Theater, Fridays and Saturdays, 103 Manitou Ave., in Manitou Springs. Call 471-7529 for tickets, which are \$35 for dinner and the show.

"West Side Story" is at the Country Dinner Playhouse, in southern Denver, through June 10. Performances are at 7:45 p.m. Tuesdays through Sundays. Prices start at \$29, call (303) 799-1410. The Country Dinner Playhouse is at 6875 S. Clinton St.

Youth theater

"Jack and the Beanstalk" is set for April 2 through 7, and again June 12 through 16, at the Fine Arts Center theater, 30 W. Dale St.

Denver theater

"Barney's Musical Castle" is in Denver's Magness Showcase Theatre April 20 through April 22; tickets start at \$14.50. Call TicketMaster at 520-9090 or log on www.ticketmaster.com.

Late St. Patrick's day party

An Irish Ceili, or party, is at the Youth Outreach Center, 1801 N. Union Blvd. Saturday, beginning at 7 p.m. The family-oriented Ceili is sponsored by the Mountain Road Ceili Band, St. Brendan's Irish Dancers and Jack Quinn's. Tickets for adults are \$7 at the door, children 3 to 12 are admitted for \$3.

Buffalo Bill exhibit

The Colorado History Museum has a special exhibit on **Buffalo Bill**, which runs through May 28.



William "Buffalo Bill" Cody

The extensive exhibit includes many personal possessions and artifacts used by Buffalo Bill and cast members in this Wild West show. "Buffalo Bill's Wild West" is included in the museum's admission, which is \$5 for adults and \$3.50 for children. The museum is at 1300 Broadway in Denver. Parking is streetside or in fee-based parking lots nearby.

Dinosaur Depot

The Dinosaur Depot in Canon City has recently taken delivery of two large crates of **dinosaur bones** from the Smithsonian Institution. The crates return artifacts removed from Canon City's Garden Park Fossil Area in the 1880s. The fossils will undergo preparation for display in the Dinosaur Depot. Visitors are able to watch the work in progress. The Dinosaur Depot is at 330 Royal Gorge Blvd. in Canon City. Call (800) 987-6379 for information.

Open cockpit day

The Pueblo Weisbrod Aircraft Museum has **"open cockpit day"** March 31, from 10 a.m. until 2 p.m. to allow visitors to sit in the cockpit of a C-119 aircraft. Known as a "Flying Boxcar," the gunship was used to transport and drop paratroopers during the Korean and Vietnam wars. The museum is located at the Pueblo Memorial Airport, a few miles east of Pueblo on Highway 50.

Denver museum exhibit

The Denver Museum of Nature and Science has opened its new exhibit **"Vikings: The North Atlantic Saga,"** which runs through May 28. The exhibit tells the story of the Vikings and their discovery of North America 1,000 years ago. Admission is \$9.50, for children and \$12 for adults, which includes admission to the museum.

Disney on Ice

If you missed **"Toy Story"** on ice when it was in Colorado Springs, you have a second chance when it's in Denver at the Pepsi Center, Wednesday through April 1; call (303) 830-TIXS, or log on at www.pepsicenter.com.

World Arena

Several events are upcoming at the World Arena: Professional Bull Riders, March 30 and 31 at 8 p.m., and Matchbox Twenty Monday at 7 p.m. Call the World Arena Box office at 576-2626.

Art exhibit

"Winslow Homer: Facing Natures" is a new exhibit at the Denver Art Museum, running until April 29. The exhibit features works by the legendary 19th century American watercolorist. The Denver Art Museum is at 13th Ave. at Acoma St., in downtown Denver. Parking is streetside on a meter, or in the parking lot between Broadway and Acoma, south of 13th Ave. for \$1. Take the Colfax exit off Interstate 25 to reach the Denver Art Museum.

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A taut, political drama starring Joan Allen and Jeff Bridges. The Vice President, before his untimely death, chooses a woman to fill his vacancy, yet sexual improprieties in her past almost threaten her career and legacy as first female Vice President. **Playing March 30 & 31.** Check local listings for times.

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4	804	877-661-0804	11	811	877-661-0811
5	805	877-661-0805	12	812	877-661-0812
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by Mark Baker



Program Schedule for Fort Carson cable Channel 10, today to March 23.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. Airst at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on President George W. Bush at Fort Stewart, helicopter crash in Hawaii and the beret class for senior leaders (repeat). Airst at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on Ecstasy use, the anthrax vaccine and personal identification theft (repeat). Airst at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on the USS Ronald Reagan, "Let It Fly" football tournament and legendary aviators. Airst at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Douglas Rule at 526-1241 or via e-mail at:

Douglas.Rule@carson.army.mil

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have story ideas for Mountain Post Magazine, contact Richard Bridges or 1st Lt. Nadia Calderolli at 526-1265, 1253 or 2941, or e-mail Richard.Bridges@carson.army.mil or Nadia.Calderolli@carson.army.mil.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.

Mountain Post Magazine is shown on Adelphia cable channel 13 or WANT-TV 103 on Monday at 2:15 p.m., Thursday at 4:15 p.m. and Saturday at 10:15 a.m.

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